

# Get Down

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Craig (Sexyfeet) (SCO)

Musik: Get Down - Gilbert O'Sullivan



## **PADDLE TURNS LEFTX3, RIGHT SHUFFLE, CROSS, HOLD & CLICK**

- 1&            ¼ turn left, point right to right side
- 2&            ¼ turn left as you hitch right beside left, point right to right side
- 3&            ¼ turn left as you hitch right beside left, point right to right side
- 4              Touch right foot next to left
- 5&6          Right shuffle forward
- 7-8          Cross left over right, hold & click

## **HEEL JACKS TWICE, ROCK & RECOVER, RIGHT SAILOR STEP**

- &1&2        Step small step back onto right, left heel diagonally forward, step left foot in place, cross right foot over left
- &3&4        Step small step back onto left, right heel diagonally forward, step right foot in place, cross left over right
- 5-6         Rock right to right side, recover on left
- 7&8         Step right foot behind left, step left to left side, step right to right side

## **HEEL SWITCHES, ROCKFWD LEFT, ¼ RIGHT, LEFT SAILOR, STOMP, KICK**

- 1&2&        Left heel forward, step left in place, right heel forward, step right in place
- 3-4         Rock forward onto left, recover onto right as you make a ¼ turn right
- 5&6         Left sailor step
- 7-8         Stomp right in place (taking weight), kick left foot to left diagonal

## **LEFT LOCK STEP, ROCK & CROSS, ROCK FORWARD LEFT, ¾ TRIPLE LEFT**

- 1&2         Left lock step forward
- 3&4         Rock right to right side, recover on left, cross step right over left
- 5-6         Rock forward left, recover on right
- 7&8         ¾ turn over left shoulder, stepping left right left

## **REPEAT**

## **TAG**

Done once only after 4th wall, you will be back facing 12:00

- 1-4            Grapevine to the right
- 5-8            Rolling grapevine to the left