

# Get Down On It

Count: 32

Wand: 1

Ebene: Intermediate

Choreograf/in: John Robinson (USA)

Musik: Get Down On It - Kool & The Gang



## **½ ROLLING TURN LEFT, SAILOR SHUFFLE, STEP, KICK-BALL-CHANGE, STEP**

**On the first two counts, you will execute a half rolling turn left**

1-2 Left step into ¼ turn left, right step around turning another ¼ left (you should now be facing the wall opposite from where you started)

3&4 Left step across behind right, rock ball of right foot side right, left step slightly forward angling body 45 degrees left

**On the next 4 counts, keep body angled 45 degrees left. You will also travel left**

5-6 Step right forward, left kick forward

&7-8 Quickly step ball of left foot next to right, step right forward, step left forward

## **STOMP, HEEL SWIVELS TURNING LEFT, STEP ¼ TURN LEFT, STOMP, HEEL SWIVELS**

1-2 Right stomp up next to left, with weight on balls of feet swivel heels left

3&4 Swivel heels right, left, right transferring weight to right foot and turning body 45 degrees to face side wall

5-6 Left step forward into ¼ turn left, right stomp up next to left

7&8 Swivel heels right, left, right transferring weight to right foot

**You are now facing the original wall where the dance started.**

## **SIDE, BEHIND & WALK, WALK, STOMP FORWARD, HIP BUMP & SHAKE**

1-2 Left step side left, right step across behind left

&3-4 Left step side left, step right forward, step left forward

5-6 Right stomp forward, bump right hip forward

7&8 Bump left hip back twice, shifting weight back to left

**Just for fun, "get down" on counts 5,6. Bend your knees and sink down over your right foot on the stomp.**

**Bump forward as usual. Then come up on counts 7&8, straightening your knees as you roll your hips back up to the left.**

## **REVERSE ½ PIVOT RIGHT, FORWARD ½ PICOT RIGHT, WALK BACK, COASTER STEP**

1-2 Right touch back, pivot ½ turn right shifting weight to right

3-4 Left touch forward, pivot ½ turn right shifting weight back to left

5-6 Right small step back, left small step back

7&8 Step right back, left step back next to right, step right forward

**You should finish the dance on the same spot where you began.**

**REPEAT**