# Get On Your Feet

Count: 0

Ebene: Phrased Improver

Choreograf/in: Keith Stewart (N.IRE) - August 2008 Musik: Get On Your Feet - Gloria Estefan

# Sequence:A, A(1-32), B, A(1-8), A, BB, A(1-28), A, A(1-16), B to end

Wand: 2

# Part A

# Walk Forward Right Left, Right Hip Bumps Twice, Repeat First Four Counts Starting On Left

- 1-2 Walk forward right, left
- 3-4 Putting right toe forward, bump right hip forward twice, putting weight onto right on second hip bump
- 5-6 Walk forward left, right
- 7-8 Putting left toe forward, bump left hip forward twice, putting weight onto left on second hip bump

#### Step 1/2 Turn Step, Left Side Rock Cross, Right Side Rock Cross, Left Side Rock Cross

- 1&2 Step right forward, pivot a <sup>1</sup>/<sub>2</sub> turn left, step right forward
- 3&4 Rock left out to left side, recover onto right in place, cross left over right
- 5&6 Rock right out to right side, recover to left in place, cross right over left
- 7&8 Repeat counts 3 & 4 in this section

#### DO ALL OF THAT AGAIN

1-16 Repeat previous 16 counts

#### Right Side Step, Together, Right Side Shuffle With ¼ Turn, Step ¼ Turn, Left Cross Shuffle

- 1-2 Step right to side, bring left in beside right, weight even between feet
- 3&4 Step right to side, bring left in beside right, step right to side making a ¼ turn to right
- 5-6 Step left forward, then pivot a ¼ turn to the right on both feet
- 7&8 Cross left over right, step right slightly to right side, cross left over right
- 9-16 Repeat counts 1-8

# Part B

Step Forward Right, Left, Step Back Right, Left Coaster Step, Right Side Shuffle, Side Step Left	
1-3	Step forward right, step forward left level with right, step right back
4&5	Step left back, step right back, step left forward
6&7	Step right to side, bring in left beside right, step right to side
8	Step left in place to left side

# Right Sailor Step, Left Sailor Step, Right Behind Unwind ½ Turn, Full Triple Turn Right

- 1&2 Cross right behind left, step left slightly to left side, step right out to right side
- 3&4 Cross left behind right, step right slightly to right side, step left out to left side
- 5-6 Touch right toe behind left, then make a ½ turn over right shoulder, taking weight onto right
- 7&8 Make a full turn right, stepping left, right, left, or shuffle forward for left, right, left

# DO ALL OF THAT AGAIN

1-16 Repeat previous 16 counts



