

# Get On Down

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Rob Fowler (ES) - February 2010

Musik: Now You Know - Miss Eighty 6



**(Alternative: Music: On Fire By: Lloyd Banks)**

**Walk, Walk, Kick ball step, ¼ turn right knee roll, left knee roll, sailor ¼ turn**

- 1, 2 Walk forward right foot, walk forward left foot  
3&4 Kick right foot forward, step right next to left, step forward onto left  
5, 6 ¼ turn to right rolling right knee clockwise, roll left knee anti clockwise  
7&8 Step right foot behind left, step left slightly to left side, ¼ turn right long step forward onto right foot.

**Dip ¼ turn right, ½ turn right stepping right to right side, left kick and cross, Syncopated monterey turn**

- 1,2 ¼ turn to right stepping left next to right bending both knees, ½ turn right on ball of left foot stepping right to right side  
3&4 Kick left foot across right foot, step down onto left foot, touch right to right side  
5&6 Full turn right stepping right next to left, rock left to left side, rock right to right side  
7&8& Cross left foot over right foot, Rock right foot to right side, ¼ turn to left stepping onto left foot, ¼ turn to left stepping right to right side

**Together sweep, cross, side, behind ¼ step, step ½ pivot turn left, brush out out**

- 1, 2 Step left next to right foot as you sweep right foot across left foot (this is done in 1 count), step down onto right foot  
3&4 Step left to left side, cross right behind left, ¼ turn to left stepping forward onto left foot  
5, 6 Step forward onto right foot, ½ pivot turning left  
7&8& Brush right foot forward, step right out to right side, step left out to left side, and step right next to left

**Left cross, right side, left sailor ¼ turn, ¼ turn hitch, hip bumps with ¼ turn, coaster step**

- 1, 2 Cross left over right foot, step right to right side  
3&4& Step left behind right foot, step right slightly to right side, ¼ turn to left stepping on left foot forward, ¼ turn to left hitching right knee  
5&6 Step right foot to right side bumping hip to the right, bump hip to left, ¼ turn to left pushing right hip back  
7&8 Step back onto left, step right next to left, step forward onto left

**End of Dance**