

Get Lashed

Count: 40

Wand: 4

Ebene: Upper Beginner

Choreograf/in: Phoenix Adamson (NZ) - 2006

Musik: Give It All You Got (Lisa Lashes Remix) by The Originator



Intro: 64 Counts

ROLLING VINE LEFT WITH TOUCH, ROLLING VINE RIGHT WITH TOUCH

- 1 – 2 – 3 – 4 Step Left To Side Making $\frac{1}{4}$ Turn Left, Step Right To Side Making $\frac{1}{4}$ Right, Step Left To Side Making $\frac{1}{2}$ Turn Left, Touch Right Next To Left
- 5 – 6 – 7 – 8 Step Right To Side Making $\frac{1}{4}$ Turn Right, Step Left To Side Making $\frac{1}{4}$ Left, Step Right To Side Making $\frac{1}{2}$ Turn Right, Touch Left Next To Right

SHUFFLE FORWARD & POINT WITH HOLD, SHUFFLE BACK & POINT WITH HOLD

- 1 & 2 Shuffle Forward Stepping Left – Right – Left
- 3 – 4 Point Right To Side, HOLD
- 5 & 6 Shuffle Back Stepping Right – Left – Right
- 7 – 8 Point Left To Side, HOLD

CROSS POINT, CROSS POINT, BEHIND POINT, BEHIND POINT

- 1 – 2 – 3 – 4 Cross Left Over Right, Point Right To Side, Cross Right Over Left, Point Left To Side
- 5 – 6 – 7 – 8 Cross Left Behind Right, Point Right To Side, Cross Right Behind Left, Point Left To Side

ROCK & COASTER, ROCK & COASTER WITH $\frac{3}{4}$ TURN

- 1 – 2 – 3 & 4 Rock Forward On Left, Recover Onto Right, Step Back On Left, Step Right Next To Left, Step Forward On Left
- 5 – 6 – 7 & 8 Rock Forward On Right, Recover Onto Left, Turning Back Over Right Shoulder Making $\frac{3}{4}$ Turn Stepping Right, Left, Right

ROCK & COASTER,

- 1 – 2 – 3 & 4 Rock Forward On Left, Recover Onto Right, Step Back On Left, Step Right Next To Left, Step Forward On Left

HEEL SWITCHES

- 1 & 2 & 3 & 4 Tap Right Heel Forward, Step Right Next To Left, Tap Left Heel Forward, Step Left Next To Right, Tap Right Heel Forward, Step Right Next To Left, Tap Left Heel Forward

REPEAT
