

# Get Your Feet Off The Ground

**Compte:** 32

**Mur:** 2

**Niveau:** Improver / Intermediate

**Chorégraphe:** Jean Beets (DE) & Rens Koning - July 2015

**Musique:** Kees Plat - Get Your feet Off The Ground



## **Walk 2 steps forward, 3 fast steps forward, step Hitch ( 2X), Scissor Step**

- 1,2 Step forward RF-LF  
3&4 Steps forward RF-LF-RF  
5&6& LF step forward with 1/4 Turn right, Hitch right knee, Step RF forward with ¼ Turn right, Hitch left knee ( 6:00)  
7&8 LF side step, close RF next to LF, Cross LF over RF

## **Kick, walk back ( 2X), Hip Bumps, Heel bounces with 1/4 turn, Coaster Step**

- 1&2& RF kick forward, RF step back, LF kick forward, LF Step back  
3&4 RF step forward with hip bump, hip bump back on left, hip bump back on right  
5&6 Heel bounces ( 3 X) with ¼ turn left ( 3:00)  
7&8 LF step back, RF close next to LF, LF step forward

## **Step,Close, swivel , Rumba box**

- 1,2 RF Step forward, LF close next to RF  
3&4 Both heels turn to right, both toes turn to the right, both heels turn to the right  
5&6 RF step to right, LF close next to right, RF step forward  
7&8 LF step to the left, RF close next to LF, LF step back

## **Samba steps backwards ( 2X), Walk with 3/4 turn**

- 1&2 RF cross over LF, LF step back, RF close next to LF  
3&4 LF cross over RF, RF step back, LF close next to RF  
5,6,7,8 Walk RF-LF-RF-LF with 3/4 turn left ( 6:00)

## **Repeat from the start**

## **Tag: At the end of wall 2 and wall 4:**

### **Cross mambo steps ( 2X)**

- 1&2 RF Cross rock over LF, weight back on LF, RF close next to LF  
3&4 LF cross rock over RF, weight back on RF, LF close next to RF

**Last Update – 31st July 2015**