

Get On That!

Compte: 0

Mur: 4

Niveau: Intermediate



Chorégraphe: Bryan McWherter (USA)

Musique: Good Foot (feat. Timbaland) - Justin Timberlake

Sequence: A, A, B, A, A, B, A, A, B, A

Dance starts on words "Hey Timbo"

PART A

SYNCOATED WEAVE LEFT, CROSS SHUFFLE, ROCK, RECOVER, WEAVE, FULL TURN

- 1& Cross step right in front of left, step left to left
- 2& Cross step right in front of left, step left to left
- 3& Cross step right in front of left, step left to left
- 4& Cross step right in front of left, rock left to left
- 5& Step right to right, cross step left in front of right
- 6& Step right to right, cross step left behind right
- 7&8 Make a full right turn in place stepping right, left, right
- & Step left in place

ROCK, RECOVER, STEP BACK / HITCH, SHUFFLE, CROSS, STEP, STEP / KICK, CROSS STEP, ROCK, HOOK

- 1&2 Rock right foot forward, recover weight back onto left, step right foot back while hitching left knee up
- 3&4 Shuffle forward left, right, left
- 5&6 Cross step right in front of left while making a ¼ turn to your right, rock left foot out to left, recover weight back onto right while kicking left leg out to left side
- 7&8 Cross step left in front of right, rock right out to right side, hitch right leg behind left

STEP, BUMP, BUMP, ¼ TURN, BRUSH, HITCH, FORWARD, FORWARD, BACK, BACK

- 1&2 Step right foot to right side while bumping right hip up, bump left hip left, settle on right foot while bumping right hip right
- 3&4 Step left foot forward making a ¼ turn left, brush right foot next to left making a ¼ turn left, hitch right knee up
- 5-6 Step forward right, step forward left keeping feet about shoulder width apart
- 7-8 Step right foot back, step left foot back

Feet should still be shoulder width apart with weight on left

ROCK, RECOVER, WEAVE, STEP, POP KNEES LEFT - RIGHT - LEFT - RIGHT

- 1-2 Rock right foot forward, recover weight back onto left
- 3&4 Cross step right behind left, step left foot to left side, step right foot next to left
- 5& Feet together facing 45 degree angle left bend knees out, stand up facing 12:00 wall
- 6& Feet together facing 45 degree angle right bend knees out, stand up facing 12:00 wall
- 7&8& Repeat counts 5&6&

Weight ending on left

PART B

TOUCH, TOGETHER, TOUCH, TOGETHER, SIDE, TOUCH, WALK ABOUT

- 1& Touch right toe forward, touch right toe next to left foot
- 2& Touch right toe out to right side, touch right toe next to left foot
- 3-4 Step right foot to right side, touch left toe next to right foot
- 5-6 Step left foot out to left side making a ¼ turn right, step right foot out to right side making a ¼ turn right

7-8 Step left foot out to left side making a ¼ turn right, step right foot out to right side making a ¼ turn right

TOUCH, TOGETHER, TOUCH, TOGETHER, SIDE, TOUCH, WALK ABOUT

1& Touch left toe forward, touch left toe next to right foot
2& Touch left toe out to left side, touch left toe next to right foot
3-4 Step left foot to left side, touch right toe next to left foot
5-8 Step right foot out to right side making a ¼ turn left, step left foot out to left side making a ¼ turn left
7-8 Step right foot out to right side making a ¼ turn left, step left foot out to left side making a ¼ turn left

The above 8 counts are a mirror of the first 8 counts of Part B

KICK, STEP, LOCK, STEP, KICK, HITCH, HOLD, SIDE, KNEE POPS

1& Kick right leg, step right foot down
2& Lock left behind right, step right foot forward
3&4 Kick left leg out at a 45 degree angle, hitch left leg, hold
5-6 Big step left to left side, step right next to left
7&8& Facing forward, feet together, bend knees & pop them out, in, out, in

ROCK, RECOVER, ½ STEP, ROCK, RECOVER, ½ STEP, ¼ STEP, ½ STEP, TOUCH

1&2 Rock right foot forward, recover back to left, make a ½ turn right stepping forward onto right
3&4 Rock left foot forward, recover back to right, make a ½ turn left stepping forward onto left
5&6 Step forward onto right, make a half turn to your left stepping forward onto left, step right foot to right side making a ¼ turn left
7-8 Step left foot to left side making a ½ turn left, touch right foot next to left

CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER, SIDE, STEP ½ TURN, 2 ¼ PADDLES

1&2 Cross rock right in front of left, recover weight back to left, step right to right side
3&4 Cross rock left in front of right recover weight back to right, step left to left side
5-6 Step forward onto right foot, make a ½ turn left stepping left forward
7&8 Make a ¼ turn left touching right toe out to right side, hitch right leg up making ¼ turn left, touch right toe out to right side

CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER, SIDE, CROSS SHUFFLE, CROSS BEHIND, UNWIND

1&2 Cross rock right in front of left, recover weight back to left, step right to right side
3&4 Cross rock left in front of right recover weight back to right, step left to left side
5&6 Cross step right in front of left, step left to left side, cross step right in front of left
&7-8 Step left foot to left side, cross step right behind left, unwind 1 full turn right on ball of left foot

Weight ending on left, feet next to each other
