

# And Get It On

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Daniel Trepát (NL) & José Miguel Belloque Vane (NL) - March 2015  
音乐: Marvin Gaye (feat. Meghan Trainor) - Charlie Puth



**Intro: 32 counts from first beat in music (app. 25 sec. into track)**

**[1 –9] Side, Together, 1/8 turn R step fwd, Cha Cha R fwd, Syncopated half diamond**

1 – 3      Step L to L side (1), Step R next to L (2), 1/8 turn R stepping L forward 1:30  
4&5      Step R forward (4), Lock L behind R (&), Step R forward (5) 1:30  
6&7      Step L forward (6), 1/8 turn L stepping R to R side (&), 1/8 turn L stepping L back (7) 10:30  
8&1      Step R back (8), 1/8 turn L stepping L to L side (&), 1/8 turn L stepping R forward (1) 7:30

**[10 – 17] Step fwd, ½ turn L, Cha Cha back, Rockstep, Cha Cha fwd**

2 – 3      Step L forward (2), ½ turn L stepping R back (3) 1:30  
4&5      Step L back (4), Lock R in front of L (&), Step L back (5) 1:30  
6 – 7      Rock R back (6), Recover on L (7) 1:30  
8&1      Step R forward (8), Lock L behind R (&), Step R forward (1) 1:30

**[18 – 24] Hold, Extended cha fwd, Ball lock, unwind 7/8 turn R, Side, Touch, Hold**

2&3&4      Hold (2), Lock L behind R (&), Step R forward (3), Lock L behind R (&), Step R forward (4) 1:30  
&5 – 6      Step L forward (&), Lock R behind L (5), Unwind 7/8 turn R (weight ends on L) (6) 12:00  
&7 – 8      Step R to R side (&), Touch L to L side (7), Hold (8) 12:00

**[25 – 32] ¼ turn L, Flick, Step fwd, Spiral Turn L, Step fwd, ¼ turn L, Side, 1/8 turn L, Together, Hold, 3x heel bounces and 1/8 turn L**

1 – 2      ¼ turn L stepping L forward & flicking R back (1), Step R forward (2) 9:00  
3      Full turn Spiral turn L (weight ends on R) (3) 9:00  
4&5      Step L forward (4), ¼ turn L step R to R side (&), 1/8 turn L stepping L next to R (5) 4:30  
6 – 7&8      Hold (6), Bounce both heels (7), Bounce both heels (&), Bounce both heels (8)

**On 7&8 while doing the heel bounces turn a 1/8 turn L 3:00**

**Happy Face & Begin Again!**

**Submitted By - Mandy Herkenraad - [mandyherkenraad@gmail.com](mailto:mandyherkenraad@gmail.com)**