Get Your Shoes On

拍数: 32 **墙数:** 4 **级数:** Intermediate

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音乐: Get Your Shoes On - Elisabeth Withers

****2 Restarts occurring after count 16 on rotations 2 and 5 and 1 Tag at the end of rotation 7**

#16 count intro to start with lyrics
Sequence:
Front wall, Side wall dance 16 counts and Restart facing the original 12 o'clock wall.
Front wall, Side wall, Back wall dance 16 counts and Restart facing the original 3 o'clock wall.
Side wall, Back wall, Insert Tag facing original 9 o'clock wall. Dance full 32 to Ending.

[1–8] KICK AND SIT, AND TWIST AND TWIST, HEEL JACK ¼ BALL CROSS, BALL CROSS ¼ RIGHT

1&2	1) Kick R fwd; &) Step back on ball of R; 2) Sit over R and touch L slightly fwd
&3&4	&3&4) Twist heels left, center, left, center ending with weight on R
&5&6	&) Step L back; 5) Touch R heel fwd; &) Turning ¼ left step ball of R to center 6) Step L across R [9:00]
7&8	7) Step ball of R to right; &) Step L across R; 8) Turning ¼ right, step R fwd [12:00]

[9-16] FULL CHASE TURN, SWEEP AND WEAVE, TAP STEP, TAP STEP, TAP TRIPLE ¼ LEFT

1&2	1) Step L fwd; &) Turn ½ right taking weight on R; 2) Turn ½ right stepping L back [12:00]
a3&4	a) Sweep R front to back; 3) Step R behind L; &) Step L to left; 4) Step R across L
&5&6	&) Tap L beside R; 5) With knees bent, step L to left; &) Tap R beside L; 6) With knees bent, step R to right
&7&8	&) Tap L beside R; 7) With knees bent, step L to left; &) Step R beside L; 8) Turning ¼ left step L fwd [9:00]

[17-24] STEP, ¾ PIVOT, SIDE, POINT, SIDE ROCK RECOVER CROSS, ¾ RUN AROUND

1-2	1) Step R fwd; 2) Turn ¾ left taking weight on L [12:00]
3-4	3) Large step R to right 4) Touch L across R as you lean back slightly to left
5&6	5) Rock L to left; &) Recover to R; 6) Step L across R as you torque body to left
7&8&	7&8&) Moving fwd, gradually turn ¾ right taking four tiny steps R [3:00], L [5:00], R [7:00], L [9:00]

[25-32] SIDE, CROSS, C BUMP, ¼ LEFT, ¼ LEFT, L SAILOR

1-2	1) Step R to right; 2) Step L across R
3&4	(C-Bump) 3) Bump R hip up and to the right; &) bring hips to center touching R toe next to L; 4) Bump R hip down to right side ending in a sit position with weight on R
5-6	5) Turn ¼ left stepping forward L [6:00]; 6) Turn ¼ left stepping R to right side [3:00]
7&8	7) Step ball of L behind R; &) Step ball of R to right; 8) Step L to left

TAG: 4 Count Tag: After completing rotation 7 you will be facing the original 9 o'clock wall.
After the sailor, have weight on both feet with feet in 2nd position about a shoulder's width apart.
Do counts 1- 4 below.

1-4	Smoothly circle hips 360° anti clockwise pushing hips to 9 o'clock, 6, 3, 12 and back to 9 o'clock. Weight on L.

Ending: Your final rotation will start facing the original 3 o'clock wall. You will dance through count 16 and will be facing the original 12 o'clock wall. On count 17, step R to right and raise R hand slowly starting at right thigh, keeping arm straight then out to your right side and up as high as you like in an arcing motion until the music stops.

Enjoy!

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