

Get Down on It

拍数: 32 墙数: 4 级数: Beginner
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音乐: Get Down On It - Kool & The Gang



Intro: 6x8

I. *Forward diagonal, toe touch,* *forward diagonal, toe touch, back 4x*

1 2 Step R diagonal forward (1), Toe touch L beside R (2)
3 4 Step L diagonal forward (3), Touch R beside L
5-8 Backward R-L-R-L

II. *Side, toe touch, side, toe touch,* *forward, 1/4 turn, forward, 1/4 turn*

1 2 Step R to R (1), Toe touch L behind R(2)
3 4 Step L to L (3), Toe touch R behind L (4)
5 6 Step R forward (5), 1/4 turn left stepping on L
7 8 Step R forward (7), 1/4 turn left stepping on L

III.* *Cross, side, behind, toe touch,* *cross, side, behind, touch*

1 2 Cross R over L (1), step L to L (2)
3 4. Step R behind L (3), Touch L to L (4)
5 6 Cross L over R (5), step R to R (6)
7 8 Step L behind R (7), Touch R to R

IV. *Forward shuffle, forward shuffle,* *1/4 jazz-box*

1&2 Step R forward (1), Step L next to R (&) step R forward (2)
3&4 Step L forward (3), step R next to L (&) Step L forward (4)
5 6 Cross R over L (5), 1/4 turn right step L back (6)
7 8 Step R to R (7), step L forward (8) (09.00 o'clock)