

Get It Done

拍数: 16 墙数: 4 级数: Beginner
编舞者: Mike Liadouze (FR) - April 2023
音乐: Get It Done (feat. Otto Blue) - Tina Parol



Introduction: 16 counts - Tags : Always on back wall

[1-8] OUT, OUT, CLAP, IN, IN, HITCH & SLAP, ¼ L SHUFFLE R, KICK, SHUFFLE L w/FLICK

1&2 Step RF diagonally forward (out), Step LF diagonally forward (out), Clap both hands above head
3&4 Step RF back (in), Step LF together (in), Hitch R knee slapping both hands back on tight
5&6& ¼ turn L... Step RF side, Step LF together, Step RF side, Kick LF to L diagonal (9:00)
7&8 Step LF side, Step RF together, Step LF side flicking RF

[9-16] CROSS RF, UNWIND ½ L, COASTER STEP, ROCK FORWARD, TOGETHER, ROCK FORWARD, TOGETHER

1-2 Cross RF over LF, Unwind ½ turn L... weight stays on RF (3:00)
3&4 Step LF back, Step RF together, Step LF forward
5-6& Rock step RF forward, Recover on LF back, Step RF together
7-8& Rock step LF forward, Recover on RF back, Step LF together

TAG 1 (18 counts at the end of wall 2 (6:00))

[1-8] STEP PIVOT ½ L w/ BOUNCES, COASTER STEP PIVOT ½ R w/ BOUNCES, BACK TOGETHER

1-2& Step RF forward, Bounce both heels ¼ turn L..., Bounce both heels ¼ turn L... weight on RF (12:00)
4& Step LF back, Step RF together
5-6& Step LF forward, Bounce both heels ¼ turn R..., Bounce both heels ¼ turn R... weight on LF (6:00)
&8 Step RF back, Step LF together

Note : This section is on the lyrics, it is maybe easier to sing it "Got It On My Own, Fee- Ling Good And Strong, Oh Oh"

Option : Replace BOUNCE BOUNCE by TIC TAC TURN on counts :

2& Swivel L heel R, Swivel R heel R making ½ turn L...
6& Swivel R heel L, Swivel L heel L making ½ turn R...

[9-16] SYNCHOPATED WEAVE MAMBO CROSS ENDING x2

1&2& Step RF side, Cross LF behind RF, Step RF side, Cross LF over RF
3&4 Rock step RF side, Recover on LF side, Cross RF over LF
5&6& Step LF side, Cross RF behind LF, Step LF side, Cross RF over LF
7&8 Rock step LF side, Recover on RF side, Cross LF over RF

[17-18] V STEP

1&2& Step RF diagonally forward (out), Step LF diagonally forward (out), Step RF back (in), Step LF together (in)

TAG 2 (16 counts at the end of wall 6 (6:00)) : identical to TAG 1 without counts 17-18 (V Step)

TAG 3 (20 counts at the end of wall 10 (6:00)) : add 4 counts and then identical to TAG 2

[1-4] TOUCH FORWARD, BOUNCE R HEEL TWICE, COASTER ...

1-2-3 Touch R toe forward, Bounce R heel, Bounce R heel
4& Step RF back, Step LF together

FINAL : STEP R FORWARD w/ HITCH ¾ L, STEP L SIDE PUSHING HANDS OUT (12:00)

Thanks Rachel Lardy for suggesting the music !

Have FUN !!! ☐

Last Update: 19 May 2023
