

Get Out

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Rex Chuan (USA) - February 2024
音乐: Get Out - Olivia Newton-John



Start: After 16 counts of intro

Sequence: A,B,A,B,A,tag,A,B*,B,A

Part A

Section 1: Forward, Scrub, Cross, Rock, Recover, Side, Cross, Rock, Together, Cross, Side, Together

1&2&3. RF Forward(1), scrub LF(&), hold 2, cross LF(&), rock RF R(3)
4&5&. Recover(4), step RF R(&) R half turn and cross LF(5), rock RF R(&)
6&78&. Hold 6, step LF together(&), cross RF(7), step LF L(8), step RF together(&) (6:00)

Section 2: Side, Tap, Skate, Tap, Skate, Tap, Back, Coaster Step

1234. Step LF L(1), toe RF together(2), step RF diagonally(3), toe LF together(4)
5678&. Step LF diagonally(5), toe RF together(6), step RF back(7), step LF back(8), step RF together(&) (6:00)

Section 3: Forward, shuffle, shuffle, Tap, Back, Side Tap, Cross, Side

12&34&. Step LF forwards(1), step RF diagonally(2), lock LF in(&), step RF forwards(3), step LF diagonally(4), lock RF in(&)
5&6&78&. Step LF forwards(5), toe RF together(&), hold 6, R quarter turn R and step RF R(&), tap LF L(7), cross LF(8), step RF R(&) (9:00)

Section 4: Back Rock, Recover, Forward, Shuffle, Charleston

1&23&4. Rock LF Back(1), recover(&), step LF forwards(2), Step RF forwards(3), lock LF in(&), step RF forwards(4)
5678. Tap LF Forwards(5), step LF back(6), tap RF back(7), step RF forwards(8) (9:00)

Part B

Section 1: Side Rock, Recover, Back, Back, Together, Side Tap, Together, Side Tap, Together, Forward, Together

1234&. Rock LF L(1), recover(2) and R 3/4 turn, step LF back(3), step RF back(4), step LF together(&)
5&6&78. Tap RF R(5), step together(&), tap LF L(6), step together(&), step RF forwards(7), step LF together(8)(9:00)

Section 2: Side Rock, Recover, Kick, Together, Forward&Heel-Jerk, Back, Back, Sailor Step

123&4&. Rock RF R(1), Recover(2), Kick RF forwards(3), step RF together(&), step LF forwards and jerk both heels left-wards(4), jerk switch heels back(&)
567&8. Step LF back(5) and sweep RF back, step RF back(6) and sweep LF back, L quarter turn and step LF back(7), step RF R(&), step LF forwards(8)(6:00)

Section 3: Vaudeville Kick First, Side, Hip Down, Recover, Back Cross Rock, Recover

1&2&3&4&. Kick RF diagonally (1), step RF in place(&), cross LF(2), step RF R(&), kick LF diagonally(3), step LF in place(&), cross RF(4), step LF L(&)
5678&. Step RF R(5), hip down as though it is drawing a circle(6), hip up and recover weight on LF(7), cross rock LF back(8), recover(&)(6:00)

Section 4: Walk, Tap Together, Walk, Tap Together, Walk X4

1234. R quarter turn and step RF diagonally(1), tap LF together(2), step LF diagonally(3), tap RF together (4)

5678. R quarter turn and step RF forwards(5), R quarter turn and step LF forwards(6), R quarter turn and step RF forwards(7), step LF forwards(8)(6:00)

Tag(4 counts):unwind L $\frac{3}{4}$ turns

***Transition from B to B needs to insert a RF ball change step at half beat of count 8 in order to start next B with LF.**

Enjoy the dance!
