

# Get Down (Chomping at the Bit)

**COPPER** **KNOB**  
BY STEPHEN

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Elizabeth Mooney (USA) & Kristin Clove (USA) - April 2024  
音乐: Get Down - Nitty Gritty Gr & SB the Queen



## No Tags or restarts

### S1

1, 2      Walk forward RF walk forward LF  
3&4      RF shuffle forward (get down with it)  
5, 6      LF rock forward, recover RF  
7&8      Coaster LF back RF together LF step forward

### S2

1-2      Cross RF over LF unwind full turn  
3&4      RF kick ball LF point side L  
5, 6      switch point out RF side R,  
& 7-8      step in RF step out LF (body roll or arm punches)

### S3

1-2      slide L  
3-4      Slide R  
5-6      R heel jack, L heel jack  
7&8      tap RF forward, kick RF accross LF 1/4 turn L, RF lands side right

### S4

1-2      jump forward (get down)  
3-4      jump back (get down)  
5, 6, 7, 8      RF Paddle 4 times full turn over left shoulder.

Last Update: 13 Apr 2024

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