

# Get Down On It

拍数: 64      墙数: 2      级数: Phrased Improver  
编舞者: Anna (INA) - September 2024  
音乐: Get Down On It - Kool & The Gang



Sequence : B - A - B - A - A - B - B - A (16 counts) Change step B - B - B - B (16 counts) - ENDING

Starting dance after 32 count.

## INTRO (16 c)

### I. WALK FWD (R-L) - HIPS R FWD - 1/2 TURN L WITH HIPS L FWD - WALK FWD (R-L)

1 - 2      Walk forward on R-L  
3 & 4      Hips R forward on Up - Down - Step R in place  
5 & 6      1/2 Turn L with Hips L forward on Up (facing 06:00) - Down - Step L in place  
7 - 8      Walk forward on R-L

### II. HIPS R FWD - 1/2 TURN L WITH HIPS L FWD - SYNCOPATED MONTEREY (R-L-R-L)

1 & 2      Hips R forward on Up - Down - Step R in place  
3 & 4      1/2 Turn L with Hips L forward on Up - Down - Step L in place  
5 & 6 &      Point touch R to side - Step R together - Point touch L to side - Step L together (weight on both feet)  
7 & 8 &      Point touch R to side - Step R together - Point touch L to side - Step L together (weight on both feet)

## PHRASED A (32 counts)

### I. VAUDEVILLE - SWITCH TOUCHES FWD (R-L-R) - TOGETHER

1 & 2 &      Cross R over L - Step L to side - Touch R toes diagonal forward - Step R together  
3 & 4 &      Cross L over R - Step R to side - Touch L toes diagonal forward - Step L together  
5 & 6 &      Touch R toes forward - Step R together - Touch L toes forward - Step L together  
7 - 8 &      Rock R forward - Hold - Step R together

### II. FWD LOCK SHUFFLE - ROCK FWD - BACKWARD LOCK SHUFFLE

1 & 2      Step L forward - Lock R behind L - Step L forward  
3 - 4      Rock R forward - Recover on L  
5 & 6      Step R backward - Lock L over R - Step R backward  
7 - 8      Rock L back - Recover on R

\*=> Here On Wall 8 after 16 count (on the count of 8 it changes step - Touch R beside L (06:00)\*)

### III. WALK FWD (L-R) - BACK SHUFFLE - 1/4 TURN R SAILOR STEP FWD - 1/2 TURN L SAILOR STEP FWD

1 - 2      Walk forward on L-R  
3 & 4      Rock L backward - Cross R over L - Step L backward  
5 & 6      1/4 Turn R cross R behind L (facing 03:00) - Step L together - Step R forward  
7 & 8      1/2 Turn L cross L behind R (facing 09:00) - Step R together - Step L forward

### IV. KICK R FWD - BACK - TOUCH FWD WITH HIPS FWD - 1/4 TURN R SIDE CHASSE (R-L)

1 & 2      Kick R forward - Stepping R back (still on facing 09:00) - Touch L forward with hips forward  
3 & 4      Hips L forward on Up - Down - Step L in place  
5 & 6      1/4 Turn L Step R to side (facing 06:00) - Step L together - Step R to side  
7 & 8      Recover on L - Step R together - Step L to side

## PHRASED B (32 counts)

## **I. SWITCH CROSS ROCK & SIDE - BOTAFOGO**

- 1 & 2 Cross rock R over L - Recover on L - Step R to side
- 3 & 4 Cross rock L over R - Recover on R - Step L to side
- 5 & 6 Cross R over L - Rock L to side - Recover on R
- 7 & 8 Cross L over R - Rock R to side - Recover on L

## **II. TWICE KICK BALL R FWD & 1/4 TURN L SAILOR STEP FWD**

- 1 & 2 Kick R forward - Step R beside L - Touch L to side
- 3 & 4 1/4 Turn L cross L behind R (facing 09:00) - Step R beside L - Step L forward
- 5 & 6 Kick R forward - Step R beside L - Touch L to side
- 7 & 8 1/4 Turn L cross L behind R (facing 06:00) - Step R beside L - Step L forward

## **III. 1/4 TURN L PADDLE (2x) - SWITCH CROSS SHUFFLE (R-L)**

- 1 - 2 Step R forward - 1/4 Turn L Recover on L (facing 03:00)
- 3 - 4 Step R forward - 1/4 Turn L Recover on L (facing 12:00)
- 5 & 6 Cross R over L - Step L to side slightly - Cross R over L
- 7 & 8 Cross L over R - Step R to side slightly - Cross L over R

## **IV. MODIFIED JAZZ BOX (2x) - ROCKING CHAIR**

- 1 - 2 & Cross R over L - Step L back - Step R to side
- 3 - 4 & Cross L over R - Step R back - Step L to side
- 5 - 8 Rock R forward - Recover on L - Rock R backward - Recover on L

## **ENDING (8 counts)**

### **1/4 TURN L PADDLE (4x)**

- 1 - 2 Step R forward (1) - 1/4 Turn L Recover on L (2) 09:00
- 3 - 4 Step R forward (3) - 1/4 Turn L Recover on L (4) 06:00
- 5 - 6 Step R forward (5) - 1/4 Turn L Recover on L (6) 03:00
- 7 - 8 Step R forward (7) - 1/4 Turn L Recover on L (8) 12:00

Thank you so much ☐

For more information about Stepsheets and Song, please contact :  
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