Get On Down



编舞者: Kathy Sharpe-Arrant (USA)

音乐: Get Down Tonight - KC and the Sunshine Band



STEP RIGHT, LEFT TOGETHER, STEP RIGHT, TOUCH LEFT, STEP LEFT, RIGHT TOGETHER, 1/4 LEFT, TOUCH RIGHT

1-4 Step right foot to right, step left foot next to right, step right foot to right, touch left toe next to

right

5-8 Step left foot to left, step right foot next to left, step ½ turn left onto left foot, touch right toe

next to left

STEP RIGHT, TOUCH LEFT, HOLD, HIP SHAKE, STEP LEFT, TOUCH RIGHT, HOLD, HIP SHAKE

Step to right on right foot, touch left toe next to right, hold
Move hips to left, move hips to right with weight still on right
Step to left on left foot, touch right toe next to left, hold
Move hips to right, move hips to left with weight still on left

DIAGONAL STEP TOUCHES BACK (RIGHT, LEFT) ¼ TURN RIGHT, TOUCH, ¼ TURN RIGHT, TOUCH RIGHT TOE OUT TO RIGHT

1-4 Step back on a diagonal on right, touch left toe next to right, step back on a diagonal on left,

touch right toe next to left

5-8 Step ¼ turn right on right, touch left toe next to right, step left foot ¼ turn right, touch right toe

out to right side keeping heel off the floor (feet should be shoulder width apart and body at a

diagonal angle to the left)

HIP MOVEMENTS (DOWN AND UP), HOLD, HIP BUMPS (RIGHT, LEFT), HIP MOVEMENTS (DOWN AND UP), HOLD, HIP BUMPS (RIGHT, LEFT)

&1&2-3 Thrust hips forward bending knees, thrust hips back, thrust hips forward straightening knees,

thrust hips back, hold

&4 Bump right hip to right (while bringing left shoulder up), bump left hip to left (while bringing

right shoulder up)

&5&6-7&8 Repeat &1&2-3&4 above

REPEAT