

# Get Out Today

拍数: 32      墙数: 4      级数: Improver  
编舞者: Nick Holoway (UK)  
音乐: Spread a Little Love Around - Darryl Worley



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## WALK FORWARD RIGHT, LEFT, RIGHT SHUFFLE FORWARD, LEFT SHUFFLE ½ TURN RIGHT, RIGHT SHUFFLE FORWARD

1-2            Step forward right, step forward left  
3&4           Step forward right, close left beside right, step forward right  
5&6           Shuffle step forward making ½ turn right, stepping - left, right, left  
7&8           Step forward right, close left beside right, step forward right

## WALK FORWARD LEFT, RIGHT, LEFT SHUFFLE FORWARD RIGHT SHUFFLE ½ TURN LEFT, LEFT SHUFFLE FORWARD

1-2            Step forward left, step forward right  
3&4           Step forward right, close left beside right, step forward right  
5&6           Shuffle step forward making ½ turn right, stepping - left, right, left  
7&8           Step forward right, close left beside right, step forward right

## COASTER STEP FORWARD RIGHT, COASTER STEP LEFT, ROCK RIGHT, BEHIND AND CROSS

1&2           Step forward right, step left beside right, step back right  
3&4           Step back left, step right beside left, step forward left  
5-6           Rock to right side on right, rock onto left in place  
7&8           Step right behind left, step left to left side, cross right over left

## LEFT TOGETHER, LEFT TOUCH, COASTER STEP RIGHT, SAILOR ¼ TURN STEP LEFT

1-2           Step left to left side, bring right beside left  
3-4           Step left to left side, touch right beside left  
5&6           Step back right, step left beside right, step forward right  
7&8           Step back left making ¼ turn left, step right beside left, step forward left

**REPEAT**

**RESTART**

Restart on the back wall after section 2 once only first time round

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