

# Get Rhythm

拍数: 32      墙数: 4      级数:  
编舞者: Trish Davies (AUS)  
音乐: Get Rhythm - Sweethearts of the Rodeo



## HEEL TOE STRUTS

- 1-2      Touch right toe forward, raise right ankle beside & slap with right hand  
3-4      Step right toe forward, step forward onto right dropping heel  
5-6      Touch left toe forward, raise left ankle beside & slap with left hand  
7-8      Step left toe forward, step forward onto left dropping heel
- 9-10      Step forward on ball of right keeping left in contact at center position, pivot  $\frac{1}{4}$  to left taking weight on left  
11-14      Complete last 2 beats twice ( $\frac{3}{4}$  turn executed)  
15-16      Bring right foot together with 2 heel bumps in center position
- 17-18      Bronco twist right (or swiggle); twist to the right on the heel of the right foot and the ball of the left foot, then twist back to the center again  
19-20      Bronco twist left (or swiggle); twist to the left on the heel of the left foot and the ball of the right foot, then twist back to the center again  
21-22      Rock forward on right, return weight to left at center position  
23-24      Rock back onto right, return weight to left at center position
- 25-28      Step right to right side, hold, step left behind right, hold  
29-32      Step right to right side, step left across right, step right to right side bring left together

## REPEAT

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