

Get Rhythm

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Lance Pritchard (AUS)
音乐: Get Rhythm - Martin Delray



SLAP FRONT, STEP, SLAP BEHIND, SCUFF, SLAP FRONT, STEP, SLAP BEHIND, STEP

- 1-2 Lift right knee in front of left & slap with left hand, step right next to left
- 3-4 Lift left heel behind right knee & slap with right hand, scuff left heel next to right
- 5-6 Lift left knee in front of right & slap with right hand, step left next to right
- 7-8 Lift right heel behind left knee & slap with left hand, step right next to left

JUMPING JACKS AND HEEL TAPS

- 1-4 Jump feet apart, jump cross right over left, jump feet apart, jump feet together
- 5-8 Tap right heel four times or see note below

TOE/HEEL STRUTS AND TURNS

- 1-4 Touch right toe to right, step right heel down, touch left toe across right, step left heel down
- 5-6 Turning $\frac{1}{4}$ turn right touch right toe to right, place right heel down
- 7-8 Turning a further $\frac{1}{4}$ turn right touch left toe to left side, place left heel down
- 9-10 Turning a further $\frac{1}{4}$ turn right step right heel forward, place right toe down
- 11-12 Turning a further $\frac{1}{2}$ turn right step left toe forward, place left heel down
- 13-14 Turning a further $\frac{1}{2}$ turn right step back on right heel, place right toe down
- 15-16 Turning a further $\frac{1}{4}$ turn right step left toe to left, place left heel down

You are now back facing original front wall

ROCKING CHAIR

See note 2 below

- 1-4 Rock forward on right heel, back on left, rock back on right, forward on left
- 5-8 Repeat last 4 counts

SIDE HEEL, CROSS BEHIND 4 TIMES (MOVING TO RIGHT SIDE)

- 1-8 Step to right on right heel, step left behind right, repeat 3 more times

FORWARD HEEL/TOE GRINDS

- 1-2 Step forward on right heel turning toe to left, turn right toe to right & place it down
- 3-8 Repeat on left, repeat on right, repeat on left

TWO QUARTER PIVOT TURNS TO LEFT, SCUFF, SCOOT STEP, STEP

- 1-4 Touch right toe forward, pivot $\frac{1}{4}$ turn to left on left, repeat
- 5-8 Scuff right heel next to left, hop forward on left hitching right knee, step forward on right-left

REPEAT

There are three breaks in the dance and one restart. The three breaks are all done facing the back wall and are at end of wall one, wall three and wall six where you repeat steps 61 to 64. The one restart comes at the end of wall three (after the break) as follows:

Do steps 1 to 34 only & you should now be facing front wall

Note 1

Steps 9-16 can be done as follows

- 9-11 Jump feet apart, jump cross right over left, jump feet apart
- 12-14 Jump cross left over right, jump feet apart, jump cross right over left
- 15-16 Jump feet apart, jump feet together

Note 2

Steps 33-40 can be done as follows

33-34 Hopping on right across left as you lift left up, hop back on left as you hitch right

35-36 Hop back on right kicking left forward, hop forward on left as you hitch right

37-40 Repeat hopping steps 33-36

The dance will finish at the front wall with heel/toe grinds to end of music.
