

# Get Rhythm

拍数: 32      墙数: 4      级数: Improver  
编舞者: Pam Cassells (AUS)  
音乐: Get Rhythm - Alan Jackson



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## HEEL AND STEP, HEEL AND STEP, SAILOR STEP, SAILOR STEP

1&2      Touch right heel forward, step right beside left, step left forward  
3&4      Touch right heel forward, step right beside left, step left forward  
5&6      Right sailor step - step right behind left, step left to left side, rock/replace weight onto right  
7&8      Left sailor step - step left behind right, step right to right side, rock/replace weight

## HIP, HIP, HIP ROLL, HIP, HIP, HIP ROLL

1-2      Step right slightly forward pushing hips right, left  
3&4      Hip roll - rotate hips to the right transferring weight right, left, right  
1-2      Step left slightly forward pushing hips left, right  
3&4      Hip roll - rotate hips to the right transferring weight left, right, left

## STEP, LOCK, SHUFFLE, STEP, LOCK, SHUFFLE

1-2      Step right forward, lock left behind right  
3&4      Right shuffle forward - step right forward, step/slide left beside right, step right forward  
5-6      Step left forward, lock right behind left  
7&8      Left shuffle forward - step left forward, step/slide right beside left, step left forward

## STEP FORWARD, ROCK BACK, TURN ½ & SHUFFLE, TOUCH, HOLD, &, TOUCH, HOLD

1-2      Step right forward, rock/replace weight back on left  
3&4      Turning ½ turn right - right shuffle forward - step right forward, step/slide left beside right, step right forward  
5-6      Touch left toe to left side, hold for one count  
&7-8      Step left beside right, touch right toe to right side, hold for one count

## REPEAT

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