

# Get Down

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Craig (Sexyfeet) (SCO)  
音乐: Get Down - Gilbert O'Sullivan



## PADDLE TURNS LEFTX3, RIGHT SHUFFLE, CROSS, HOLD & CLICK

1&            ¼ turn left, point right to right side  
2&            ¼ turn left as you hitch right beside left, point right to right side  
3&            ¼ turn left as you hitch right beside left, point right to right side  
4              Touch right foot next to left  
5&6          Right shuffle forward  
7-8          Cross left over right, hold & click

## HEEL JACKS TWICE, ROCK & RECOVER, RIGHT SAILOR STEP

&1&2          Step small step back onto right, left heel diagonally forward, step left foot in place, cross right foot over left  
&3&4          Step small step back onto left, right heel diagonally forward, step right foot in place, cross left over right  
5-6          Rock right to right side, recover on left  
7&8          Step right foot behind left, step left to left side, step right to right side

## HEEL SWITCHES, ROCKFWD LEFT, ¼ RIGHT, LEFT SAILOR, STOMP, KICK

1&2&          Left heel forward, step left in place, right heel forward, step right in place  
3-4          Rock forward onto left, recover onto right as you make a ¼ turn right  
5&6          Left sailor step  
7-8          Stomp right in place (taking weight), kick left foot to left diagonal

## LEFT LOCK STEP, ROCK & CROSS, ROCK FORWARD LEFT, ¾ TRIPLE LEFT

1&2          Left lock step forward  
3&4          Rock right to right side, recover on left, cross step right over left  
5-6          Rock forward left, recover on right  
7&8          ¾ turn over left shoulder, stepping left right left

## REPEAT

## TAG

Done once only after 4th wall, you will be back facing 12:00

1-4            Grapevine to the right  
5-8            Rolling grapevine to the left