

Get Down

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jeremy Oldham (USA)
音乐: Get Down On It - Kool & The Gang



KICK & TOUCH, KICK & TOUCH

1&2-3&4 Kick right forward, & step down on right, touch left toe behind right, kick left forward, & step down on left, touch right toe behind left

STEP, BEHIND, & STEP, ¼ HEEL

5-6&7-8 Step right forward, cross left behind, & step right in place, step left slightly forward, ¼ turn right touching right heel forward

TOUCH, ½ PIVOT, FORWARD, & ¼, CROSS

1-2-3&4 Touch right toe back, ½ pivot right, step left forward, & step right in place making ¼ turn right, cross left over right

STEP, SAILOR, KICK, OUT, OUT

5-6&7&8 Step right to right side, cross left behind, & step right in place turning ¼ left, kick left forward, & step right to right side, step left to left side

CIRCLE HIPS & CIRCLE HIPS

1-2-3-4 Circle hips back from left, to right, circle hips back from right, to left

& CROSS, SNAP, & CROSS, SNAP

&5-6&7-8& Step left in place, cross right over left, snap, & step left to left side, cross right over left, snap

STEP, BEHIND, & ROCK STEP

1-2&3-4 Step right forward, cross left behind, & step right forward, rock forward on left, rock back on right

FULL TURN BACK WITH COASTER STEP

5-6-7&8 Step left forward turning ½ left, step right back turning ½ left, step left back, & step right next to left, step left in place

REPEAT
