

Get Down

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Get Down - Backstreet Boys



HIP BUMPS, FULL TURN RIGHT WITH TOE TOUCHES & CLICKS

- 1&2 Stepping right foot diagonally back right, bumping right hip back, forward, back
&3&4 Bump hips forward, back, forward, back (weight now on ball of right)
5-8 Touch left toe to left side, turn $\frac{1}{4}$ turn right, repeat three more times (weight on right on count 8) (optional finger clicks)

HIP BUMPS, FULL TURN LEFT WITH TOE TOUCHES & CLICKS

- &1&2 Stepping left foot diagonally forward left, bumping left hip forward, back, forward
&3&4 Bump hips back, forward, back, forward (weight now on ball of left)
5-8 Touch right toe out to right side, turn $\frac{1}{4}$ turn left repeat three more times (weight on right on count 8) (optional finger clicks)

LEFT CROSS ROCK, TOGETHER, RIGHT CROSS ROCK, TOGETHER. CROSS BEHIND, UNWIND $\frac{1}{2}$ TURN LEFT, HEEL JACK

- 1&2 Cross left over right, recover weight onto right, step left to left side
3&4 Cross right over left, recover weight onto left, step right to right side
5-6 Cross step left behind right, unwind $\frac{1}{2}$ turn left (weight on left)
&7&8 Step right diagonally back right, touch left heel forward, step left to place, touch right beside left

STOMP RIGHT FORWARD, STOMP LEFT FORWARD, LEFT APPLEJACK, RIGHT APPLEJACK

- 1-2 Stomp right forward, stomp left forward next to right
&3 With weight on left heel & right toe, swivel left toe to left side & right heel to left side, bring left toe & right heel back to place
&4 With weight on left toe & right heel, swivel left heel to right side & right toe to right side, bring left heel & right toe back to place
5-6 Stomp right forward, stomp left forward next to right
&7&8 Repeat &3&4 of this section

Option: stomp right then left, swivel both heels left, right, center, stomp right then left, swivel both heels left, right, center

RIGHT KICKBALL TOUCH, $\frac{1}{4}$ TURN LEFT WITH HEEL BOUNCES, CROSS-BACK-SIDE, SCUFF, SIDE, STOMP

- 1&2 Kick right foot forward, step right to place, touch left toe to left side
3&4 Turn $\frac{1}{4}$ left bouncing both heels twice, click fingers on count 4 (weight on right)
5&6 Cross left over right, step back on right, step left to left side
7&8 Scuff right heel forward, step right to right side, stomp left beside right (weight on left)

SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, LEFT SAILOR STEP

- 1-2 Rock right to right side, recover weight onto left
3&4 Cross step right over left, step left to left side, cross step right over left
5-6 Rock left to left side, recover weight onto right
7&8 Left sailor step

RIGHT FORWARD ROCK, RECOVER, $\frac{1}{2}$ TURN RIGHT SHUFFLE, FULL TURN RIGHT, LEFT SHUFFLE FORWARD

- 1-2 Rock right forward, recover weight onto left

- 3&4 Right ½ turn shuffle stepping on right left right
5-6 Turn full turn right, stepping on left, right (or walk forward on left, right)
7&8 Left shuffle forward on left right left

RIGHT SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK WITH ½ TURN RIGHT, LEFT CROSS SHUFFLE

- 1-2 Rock right to right side, recover weight onto left
3&4 Cross step right over left, step left to left side, cross step right over left
5-6 Step left to left side, turn ½ turn right stepping right to right side
7&8 Cross step left over right, step right to right side, cross step left over right

REPEAT
