

# Get Down

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Keith Cross (UK)  
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**

---