

Get Down On It 2011

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Improver
编舞者: Nancy Lee (MY)
音乐: Get Down - Blue : (CD: One Love)



Intro : 48 Count - Start On " Get Down On It "

SECTION 1: Hips Thrust Right (Lift & drop) , Hitch, Full Turn Right, Right Shuffle Forward

1-2-3-4 Have weight on L , point R forward & hip lift (1) , drop hip (2), hip lift (3), Hitch on R (4)
5-6 Full turn R, Step R forward (5) , turning R step back L and make R full turn(Spiral) (6) [12:00]
7&8 R Shuffle Forward

SECTION 2: Hips Thrust Left (Lift & drop) , Hitch, Full Turn Left , Left Shuffle Forward

1-2-3-4 Have weight on R , point L forward & hip lift (1) , drop hip (2), hip lift (3), Hitch on L (4)
5-6 Full turn L, Step L forward (5) , turning L step back R and make L full turn(Spiral) (6) [12:00]
7&8 R Shuffle Forward

SECTION 3: Cross Over , Point To Side , Shoulder Up & Down, Cross Behind, Point To Side , Knees Bend Up & Down

1-2 Right cross over left, point left to left side
3-4 Bringing left shoulder up (with weight) , drop shoulder down (with weight)
5-6 Left cross behind right, point right to right side
7-8 Bending knees down then up (look Left , look Front)

SECTION 4: Forward Rock, Coaster Step, Forward Rock, Triple ¾ Turn Left

1-2 Rock forward on right, recover onto left
3&4 Step back on right, step left beside right, step forward on left
5-6 Rock forward on left, recover onto right
7&8 Triple ¾ turn left stepping left, right, left (now facing 3:00)

*****RESTART HERE**

SECTION 5: Toe Touches With Cross(Right & Left)

1-4 Touch right toe to right side, kick right foot across left, touch right toe to right side, cross right foot in front of left (with weight)
5-8 Touch left toe to left side, kick left foot across right, touch left toe to left side, cross left foot behind right (with weight)

SECTION 6: Hips Bump Right , Hips bump Left , Paddle Full turn Left

1&2 Step forward right diagonally ,hips bump right, left, right
3&4 Step forward left diagonally, hips bump left, right, left
5-8 ¼ Left Paddle Full turn, point R to Side turning L quarterly

SECTION 7: Step To side , Cross Point Behind , Step to Side, Cross point Behind

1-2 Step right to right side, Cross Point L behind R
3-4 Step Left to Left side, Cross Point R behind L
5-6 Step right to right side, Cross Point L behind R
7-8 Step Left to Left side, Cross Point R behind L

(For steps : 3-8 ~ Travelling backward gradually)

SECTION 8: Rocking Chair, Pivot ½ Turn Left Twice

1-4 Rock forward on right, rock back on left, rock back on right, rock forward on left
5-8 Step forward on right, pivot ½ turn left, step forward on right, pivot ½ turn left

Begin & have fun !!

RESTARTS:

*****On wall 3, after 32 count (triple $\frac{3}{4}$ turn left, facing 9:00) Restart**

*****On wall 6, after 32 count (triple $\frac{3}{4}$ turn left, facing 6:00) Restart**

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Revised - March 2011
