

Get Down!

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Kelvin Elvidge (USA)
音乐: Pick Up the Fiddle (Pluck That Banjo) - Razzle Dazzle



VINE RIGHT 2, RIGHT & LEFT APART, RIGHT TOGETHER, VINE LEFT 2, LEFT & RIGHT APART, LEFT TOGETHER

- 1-2 Step right foot to right side, cross left foot behind right and step
- &3 Step right foot to right side, step left foot to left side
- 4 Step right foot together (option: slide right foot together, weight ends on right foot)
- 5-6 Step left foot to left side, cross right foot behind left and step
- &7 Step left foot to left side, step right foot to right side
- 8 Step left foot together (option: slide left foot together, weight ends on left foot)

RIGHT KICK BALL CHANGE, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT KICK, RIGHT & LEFT APART, SWIVEL HEELS, TOES, HEELS TOGETHER

- 1&2 Kick right foot forward, step back on ball of right foot, step left foot together
- 3-4 Step right foot forward, pivot ½ turn left with weight ending on left foot
- 5&6 Kick right foot forward, step right foot to right side, step left foot to left side
- 7&8 Turn both heels in, turn toes in, turn both heels in (shift weight to left foot)

SHUFFLE BOX

- 1&2 Step right foot to right side, step left foot together, step right foot to right side
- & Raise left foot and pivot ¼ right on right foot
- 3&4 Step left foot to left side, step right foot together, step left foot to left side
- & Raise right foot and pivot ¼ right on left foot
- 5&6 Step right foot to right side, step left foot together, step right foot to right side
- & Raise left foot and pivot ¼ right on right foot
- 7&8 Step left foot to left side, step right foot together, step left foot to left side

FORWARD SHUFFLE TWICE, MEXICAN HAT DANCE, RIGHT TOES BACK, ½ RIGHT PIVOT TURN

- 1&2 Step right foot forward, step left foot together, step right foot forward
- 3&4 Step left foot forward, step right foot together, step left foot forward
- 5&6 Touch right heel forward, step right foot together, touch left heel forward
- & Step left foot together
- 7-8 Touch right toes back, pivot ½ right (backward turn) ending with weight on left foot

REPEAT
