

# Get Involved

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Paul McAdam (UK) - March 2009  
音乐: Dance Wiv Me (feat. Calvin Harris) - Dizzee Rascal



Count In: Start On The Vocals Approximately 32 Counts In to song

## (1-8) Hook, Kick Ball Step, ½ Turn X2, Right Shuffle, Step Out Rock

- &a1      Kick left foot forward, hook left foot across right shin, kick left foot forward
- &2      Step back on ball of left foot, step forward on right foot
- 3      Pivot a ½ turn left and keep weight on right foot
- 4      Make another ½ turn left and step left foot forward
- 5&6      Right shuffle forward
- 7&8      Step left foot forward, rock right foot out to right side, step left foot slightly to left side

## (9-16) Kick, Cross, Touch & Rock Side, Full Turn, & Together X2

- 1&2      Kick right foot across left foot, cross right foot over left foot, touch left toe behind right foot
- &3,4      Step down on left foot, rock right foot out to right side, recover weight onto left
- 5&6      Make a ½ turn LEFT and step right foot to right side, make another ½ turn left and step left foot to left side, touch right toe next to left
- &7      Step right foot small step to right side, step left foot next to right
- &8      Step right foot small step to right side, step left foot next to right

## (17-24) Side Rock Behind, ¼ Turn, ½ Turn, Coaster Step, Sailor ¼ Turn Cross

- 1&2      Rock right foot to right side, recover weight onto left foot, cross right foot behind left foot
- 3,4      Make a ¼ turn left and step left foot forward, make a ½ turn left and step right foot back
- 5&6      Left coaster step
- 7&8      Step back on right foot, step left foot next to right, make a ¼ turn right and cross right foot over left

## (25-32) Ball -Cross-Side Rock,-Together -Touch X2, Sailor Step

- &1&2      Step left foot to left side, cross right foot over left, step back on left foot, step right foot to right side
- &3      Step left foot together, touch right toe to right side
- 4&5      Cross right foot over left, step back on left foot, step right foot to right side
- &6      Step left foot together, touch right toe to right side
- 7&8      Right Sailor step

Start Again And Enjoy!

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