

Get Rhythm

拍数: 34 墙数: 2 级数: Beginner
编舞者: Helen Conroy (IRE) - September 2009
音乐: Get Rhythm - Johnny Cash



Start dance on vocals

SECTION 1: Right Charleston Step X 2

1-2- Step forward on right, kick left forward
3-4- Step back on left, touch right toe back
5-8- Repeat steps 1-4 of section 1

SECTION 2: Walk Forward X 3, Kick Left Forward, Walk Back x 3, Touch Right

1-4- Walk forward right, left, right, kick left forward
5-8- Walk back left, right, left, touch right beside left

SECTION 3: Right & Left Side Touches with 1/4 Turn Left

1-2- Step right to right side, touch left beside right
3-4- 1/4 Left stepping forward on left, touch right beside left
5-8- Repeat steps 1-4 of section 3

SECTION 4: Walk Forward x 3, Kick Left Forward, Walk Back x 3, Close Right

1-4- Walk forward right, left, right, kick left forward
5-8- Walk back left, right, left, close right beside left

RESTART : During Walls 2 & 6 Leave Out Section 5 & Restart The Dance.

SECTION 5: Heel Bounces x 2

& 1- Lift right & left heels up , drop right & left heels down
& 2- Lift right & left heels up, drop right & left heels

Helen - www.linedanceireland.ie