Get At It

拍数: 32	墙数: 4	级数: Intermediate

编舞者: Malene Jakobsen (DK) - August 2010

音乐: Get At It - Lawrence Welton : (CD: R.S.V.P.)

Intro: 64 counts from the beginning on vocals, app. 36 sec. into track - dance begins with weight on R.

(1-8) Ball, step, ¼ with touch, chassé, behind, side, cross, point, touch, point

&1	(&) Step down on L, (1) step forward on R 12.00
2	(2) Make a ¼ turn L on ball of R touching L next to R 9.00
3&4	(3) Step L to L side, (&) step R next to L, (4) step L to L side 9.00
5&6	(5) Cross R behind L, (&) step L to L side, (6) cross R over L 9.00
7&8	(7) Point L to L side, (&) touch L next to R, (8) point L to L side 9.00

(9-16) Sailor step x 2, walk back with heel grinds, coaster step

1&2	(1) Cross L behind R, (&) step R to R side, (2) step L to L side 9.00
3&4	(3) Cross R behind L, (&) step L to L side, (4) step R to R side 9.00
5-6	(5) Walk back on L grinding R heel, (6) walk back on R grinding L heel 9.00
7&8	(7) Step back on L, (&) step R next to L, (8) step forward on L 9.00

NOTE: The only tag/restart is here. On wall 3: Leave the first & count in section 1 out and just step forward on R, you'll be facing 3.00

(17-24) ¼, ball cross, side, coaster ¼, skates, shuffle ¼

&1-2	(&) Turn ¼ L stepping ball of R to R side, (1) cross L over R, (2) step R to R side 6.00
3&4	(3) Turn ¼ L stepping back on L, (&) step R next to L, (4) step forward on L 3.00
5-6	(5) Skate forward on R, (6) skate forward on L 3.00
7&8	(7) Turn ¼ R stepping forward on R, (&) step L next to R, (8) step forward on R 6.00

(25-32) Charleston, point ¼, cross, coaster step

1-2-3-4	(1) Point L forward (2) step back on L, (3) point R back, (4) step forward on R 6.00
5	(5) Turn ¼ R on ball of R pointing L to L side 9.00
6-7&8	(6) Cross L over R, (7) step back on R, (&) step L next to R, (8) step forward on R 9.00

TAG / Restart: There is one tag/restart one on wall 3 after 16 counts.

Contact: lovelinedance@live.dk