

Get Down On It

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Amy Christian (USA) - February 2011
音乐: Get Down On It - Kool & The Gang



Intro: 16 counts. On Lyrics.

SIDE, ROCK, BEHIND, SIDE, CROSS, SIDE, ROCK, COASTER STEP,

1-2 Rock R foot to right side, Recover on L foot,
3&4 Step R behind L, Step L to L side, Cross R over L,
5-6 Rock L foot to L side, Recover on R,
7&8 L Coaster Step,

PIVOT 1/2, TRIPLE FORWARD, ROCK FWD, RECOVER, LOW HITCH WITH DOUBLE BUMPS,

1-2 Step fwd on R, Pivot 1/2 turn L, stepping L fwd,
3&4 Triple fwd, R,L,R,
5-6 Rock fwd on L, Recover back on R,
7-8 Leave L foot slightly off the ground, (Or touch L foot in place, weight on R foot), as you bump left twice,

SIDE, ROCK, CROSS SHUFFLE, TOUCH, HITCH, COASTER STEP

1-2 Rock to L side on L foot, Recover on R,
3&4 Cross L over R, Step R to R side, Cross L over R,
5-6 Touch R foot out to right side, Hitch R foot,
7&8 R Coaster Step (Step back on ball on R, Step L next to R, Step fwd on R),

TOUCH, HITCH, COASTER STEP, ROCK FWD, RECOVER, BACK, CROSS,

1-2 Touch L foot out to left side, Hitch L foot,
3&4 L Coaster Step, (Step back on ball on L, Step R next to L, Step fwd on L),
5-6 Rock fwd on R, Recover on L,
7-8 Step back on R, Cross L over R,

(Optional moves - On count 7-8 - Snap R fingers and look R(7), Snap L fingers and Look L(8),

Start again!

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