

Get On It

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Stompin' Grounds (USA) - August 2017
音樂: Don't It - Billy Currington



[Start on Vocals]

Sequence: 1-32, 1-32, Tag (End of Chorus), 1-24 (Restart), 1-32, Tag (End of Chorus), Tag (Instrumental), 1-32, Tag (End of Chorus), 1-32, 1-16 (or until song ends)

SECTION 1 [1-8]: Hop forward, Shake, 2 Heel Switches, R Slide Back, Right Side Step, Right 1/2 Turn Pivot

1,2 Jump forward onto both feet and shake hips to R
3 & 4 & Touch R heel forward, R step next to L, L heel forward, L step next to R
5,6 Slide R back dragging L heel, L step next to R
7,8 & Step R to R (planting R foot for pivot), R 1/2 turn pivot with L toe touch (keep weight on R foot), Push off L toes

SECTION 2 [9-16]: Left 1/2 Turn Pivot, Left 1/2 Turn Pivot, Body Roll (or Hip Roll), Triple Spin Back

1,2 L 1/2 turn pivot stepping onto L foot, L 1/2 turn pivot stepping onto R foot
3,4 Body roll (or counterclockwise hip roll) shifting weight to L foot
5 & 6 & 7 & 8 3 full turns spinning backward to R (each spin is 1.5 counts R-L-R-L-R-L-R)

SECTION 3 [17-24]: 2 Right Cross Steps to Left, Left Step Forward, Hold, Left 1/2 Turn Pivot Sway, Hip Sway, Left 1/2 Turn Pivot Sway, Hip Sway

& 1 & 2 Step L to L, Cross R over L, Step L to L, Cross R over L
3,4 Step L forward, Hold (feeling the beat)
5,6 L 1/2 turn pivot stepping onto R foot with hip sway L to R, Sway hips R to L as you go into the next pivot
7,8 L 1/2 turn pivot stepping onto R foot with hip sway L to R, Sway hips R to L shifting weight to L foot

SECTION 4 [25-32]: Heel/Knee Swivel, Step R Forward, Left 1/2 Turn Pivot, Step R Forward, Left 1/2 Turn Pivot, Step R, Step L

1,2 Swivel heels to R and bending knees to L, Swivel back up to original position with knees and toes facing forward
3,4 Step R forward, 1/2 turn pivot to L
5,6 Step R forward, 1/2 turn pivot to L
7,8 Step R forward, Step L forward

TAG [1-16]: Right Stomp, Clap, Left Stomp, Clap, Right Stomp, Clap, Left Stomp, Clap, Cross & Heel x 2, Jump, Left Kick, Left Coaster Step

1,2,3,4 R stomp to R, Clap hands to R, L stomp to L, Clap hands to L
5,6,7,8 (Repeat 1-4)

& 9 & 10 Step R in place, cross L over right, step R to R side, touch L heel to L side
& 11 & 12 Step L in place, cross R over L, step L to L side, touch R heel to R side
13,14, & Jump on both feet, L kick with weight shifting backward, Come down on R (as you go into the following Coaster Step)
15 & 16 L step back, R step next to L, L step forward

Contact: stompinggrounds.us@gmail.com

