

# Get On Your Feet

拍數: 64      牆數: 0      級數: Phrased Intermediate  
編舞者: Bambang Satiyawan (INA) & Tri Artiyanti (INA) - December 2018  
音樂: Get On Your Feet - Gloria Estefan



Sequence: AAA(16) B Tag AA(16) BBB(28)turn $\frac{1}{4}$ L, ABBB

## A. 32 counts

### AI. Walk, Side & Cross, Drag, Knee Pop

1 -2            Walk R-L  
3&4            Step R to side, Step L in place, R cross L Over  
5 - 6            Step L to L side while R drag toward L, Touch R besides L (R knee cross over L)  
7 - 8            Touch L besides R (L knee cross over R) Touch R besides L (R knee cross over L)

### All. Side Mambo, V Step

1&2            Step R to side, Step L in place, Close R Together  
3&4            Step L to side, Step R in place, Close L Together  
5 - 6            Step R diagonal out, Step L diagonal Out  
7 - 8            Step R Back to centre, Step L back to Centre

### Alll. Forward, Lock Shuffle, Pivot, Forward, Recover

1- 2            Step R forward, Cross L behind R  
3&4            Step R forward, Cross L behind R, Step R Forward  
5-6            Step L forward, turn  $\frac{1}{2}$  R step R forward  
7-8            Step L forward, recover on R

### AIV. Step & Flick, Forward, Side, Forward, Walk, Touch.

1-2            Step L in place ( and flick you R ), Step R forward  
3&4            Step L to L side, step R in place, step L forward  
5-6            Walk R-L  
7 - 8            Touch R to R side, Touch R next to L.

## B. 32 counts

### BI. Cross - Side - Sailor $\frac{1}{8}$ turn, Kick, Step back, Coaster Step

1-2            R cross L over, step L to L side  
3&4            Sweep R from side to back turning  $\frac{1}{8}$  R Crossing behind L, (&) Step L to L side (4) Step R forward (13.30)  
5-6            Kick L, Step L back  
7&8            Step R back, Close L to R, Step R forward

### BII. Step, Turn $\frac{1}{8}$ , Cross, Touch, Jazzbox $\frac{1}{4}$

1-2            Step L forward (13.30), Step R turn  $\frac{1}{8}$  R (15.00)  
3-4            L Cross R over, Touch R to R side  
5-6            R cross L over, Step L back ( $\frac{1}{4}$  turn R)  
7-8            Step R to R side, Step L forward

### BIII. Toe - Heel 2x, Wave, step $\frac{1}{4}$ L

1-2            Touch R toe beside L (knee inside), Touch R Heel to side (knee outside)  
3-4            Touch R toe beside L (knee inside) Touch R Heel to side (knee outside)

### OPTION : Moving to side

5-6            R Cross L over, Step L to L side  
7-8            R Cross L behind, Turn  $\frac{1}{4}$  L step forward

**BIV. Pivot, Walk, Pivot, Pivot ¼**

- 1-2. Step R forward, turn ½L Step L Forward  
3-4 Walk R-L  
5-6 Step R forward ,turn ½L Step L Forward  
7-8. Step R forward, turn ¼L weight on L

**TAG**

- &1 2 Step L to side,R Cross L, hold  
&3 4 Step L to side, R Cross L, hold  
5-8 Walk L R L , R Touch

**Enjoy the dance**

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