

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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