Get Down Saturday Night

級數: Improver

編舞者: Miko Yamamoto (INA) - February 2019

音樂: Get Down Saturday Night - Oliver Cheatham

Intro Dance (32 Count)

S1: (TAP, BACK, TAP, BACK)X2

拍數: 56

- Tap R toe forward (1), Step R back (2), Tap L toe forward (3), Step L back (4) 1-4
- 5-8 Tap R toe forward (5), Step R back (6), Tap L toe forward (7), Step L back (8)

S2: RIGHT ROLLING VINE

- 1-4 Make ¹/₄ turn R step R forward (1), Make ¹/₂ turn R step L back (2), Make ¹/₄ turn R step R to side (3), Touch L toe outside L (4)
- Make ¼ turn L step L forward (5), Make ½ turn L step R back (6), Make ¼ turn L step L to 5-8 side (7), Touch R beside L (8)
- S3: Repeat S1
- S4: Repeat S2

Main Dance (56 Count)

S1: DIAGONAL LOCK SHUFFLE (RIGHT, LEFT)

- 1&2 Step R forward diagonally R (1), Lock L behind R (&) Step R forward diagonally R (2)
- Step L forward diagonally L (3), Lock R behind L (&) Step L forward diagonally L (4) 3&4
- 5&6 Repeat 1&2
- 7&8 Repeat 3&4

S2: JUMP OUT, JUMP IN, LIFT (RIGHT, LEFT, RIGHT)

- Both feet jump outside (R to right, L to left) (1), Hold (&), Both feet jump back to center (2), 1&2& Hold (&)
- Both feet jump outside (R to right, L to left) (3), Hold (&), Both feet jump back to center (4) 3&4
- 5-6 Lift & down R (5), Lift & down L (6)
- 7&8 Lift R ((7), Down R (&), Lift R (8)

S3: BACK, BACK, BACK, CLOSE, JUMP OUT, JUMP IN

- 1-4 Walk back R (1), L (2), R (3), Close L beside R (4)
- 5&6& Both feet jump outside (R to right, L to left) (5), Hold (&), Both feet jump back to center (6), Hold (&)
- 7&8 Both feet jump outside (R to right, L to left) (7), Hold (&), Both feet jump back to center (8)

S4: SIDE, HOLD, SIDE, HOLD, HEEL IN, HEEL OUT

- Step R to side (1), Hold (2), Step L next to R (&), Step R to side (3), Hold (4) 1-2&3-4
- 5-8 Touch&heel in (5), Heel out (6), Heel in (7), Drop heel in place (8)

S5: SIDE, HOLD, SIDE, HOLD, HEEL IN, HEEL OUT **Opposite S4**

S6: TURN ¼ LEFT, NEXT, LEFT CROSS SHUFFLE, FULL TURN RIGHT

- 1-2-3&4 Make 1/4 turn L step R to side (1), Step L next to R (2), Cross R over L (3), Step L to side (&), Cross R over L (4)
- 5-8 Make 1/4 turn R step L beside R (5), Make 1/2 turn R step R forward (6), Make 1/2 turn R step L beside R (7), Step R in place (8)





牆數: 1

S7: HIPS PUSH (RIGHT, LEFT, RIGHT, LEFT), HITCH, RIGHT CHASSE, LEFT CHASSE

- 1-2-3&4 Push R hips to R (1), Push L hips to L (2), Push R hips to R (3), Push L hip to L (&), Hitch R cross over L (4)
- 5&6 Step R to side (5), Step L next to R (&), Step R to side (6)
- 7&8 Step L to side (7), Step R next to L (&), Step L to side (8)

Enjoy the dance

For more information about this dance please contact me at: febe.yamamoto@yahoo.com