

Get Down On It

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Youn Kyung Kim (KOR) - May 2019
音樂: Get Down On It - Kool & The Gang



Intro: 48 Count

SECTION 1: ROCK ,SYNCOPATED, BEHIND,SIDE,CROSS X2

1 2 Rock R side (1),step L in Place(2)
3&4 Cross R behind L(3), Step L to side (&), Cross R over L (4)
5 6 Rock L side (5),step R in Place(6)
7&8 Cross L behind R(7), Step R to side (&), Cross L over R (8)

SECTION 2: ROCK FORWARD, RECOVER, COASTER X2

1 2 Rock step R forward(1), Recover on L(2)
3&4 Step R back (3), Step L next to R (&)Step R forward (4)
5 6 Rock step L forward(5), Recover on R(6)
7&8 Step L back (7), Step R next to L (&)Step L forward (8)

SECTION 3: STEP, TOUCH,, 1/2 STEP, TOUCH, 1/4 STEP, TOUCH

1-2 Step R forward (1), Touch L beside R (2)
3-4 1/2 Step L backward (3), Touch R beside L(4) (6:00)
5-6 1/4 Step R forward (5), Touch L beside R(6) (3:00)
7-8 Step L to side (7), Touch R beside L (8)

SECTION 4: CHASSE R, BACK ROCK, CHASSER L , BACK ROCK

1&2 Step RF to R side , Step LF next to RF, Step RF to R side
3 4 Rock LF behind RF, Recover weight on RF
5&6 Step LF to L side , Step RF next to LF, Step LF to L side
7 8 Rock RF behind LF, Recover weight on LF

NO TAG, NO RESTART

Enjoy the dance & Have Fun !

For more information about this dance please contact me at: young8266@hamail.net