

Get Down

拍數: 32 牆數: 2 級數: Beginner
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音樂: Get Down - Backstreet Boys



Intro: 32 Count

ROCK RT FOOT RT - RECOVER ON LT- RT TOG - ROCK LT FOOT RT- RECOVER ON RT - LT TOG - STEP BW RT - HITCH LT

- 1-2 Rock Rt foot to Rt side - Recover on to Lt foot.
- 3-4 Step Rt foot next to Lt - Rock Lt foot to Lt side.
- 5-6 Recover on to Rt foot - step Lt foot next to Rt.
- 7-8 Step backwards with Rt foot - Hitch Lt knee.

STEP LT FW - TOUCH RT(shimmy shoulders 2c), STEP RT BW - TOUCH LT (shimmy shoulders 2c), STEP LT FW - HITCH ¼ TURN LT - STEP RT TO RT SIDE- TOUCH LT

- 1-2 Step Lt foot forward - touch Rt toe next to Lt (Shimmy shoulders over 2count lean slightly fw).
- 3-4 Step Rt foot backwards - touch Lt toe next to Rt(Shimmy shoulders over 2 count lean slightly bw).
- 5-6 Step Lt foot forward and take weight on Lt - Turn ¼ Lt on Lt foot while hitch Rt knee up.
- 7-8 Step Rt foot to Rt side - Touch Lt toe next to Rt.

VINE ¼ TURN LT - HITCH 1/8 TURN LT - STEP RT TO RT -TOUCH LT

- 1-2 Step Lt foot to Lt side - Cross Rt foot behind Lt foot.
- 3-4 Turn ¼ Lt while taking a big step forward on Lt foot - Turn 1/8 to left on left foot while hitch Rt Knee up.
- 5-6 Step Rt foot to Rt side - Touch Lt toe next to Rt
- 7-8 Step L foot to Lt side - Touch Rt toe next to Lt

¼ TURN RT - TOUCH LT - STEP LT TO LT SIDE - TOUCH RT - 1/8 TURN WITH A BIG STEP TO RT SIDE - SWIVEL LF FOOT RT (heel - toe - heel)

- 1-2 Turn ¼ Rt while stepping Rt foot to Rt side - Touch Lt toe next to Rt
- 3-4 Step Lt foot to Lt side - Touch Rt toe next to Lt
- 5-6 Turn 1/8 while taking a big step to Rt side - Swivel Lt heel to Rt
- 7-8 Swivel Lt toe to Rt - Swivel Lt heel to Rt taking weight

Notis: Count 5-8 in section 3 and count 1-4 in section 4 are diagonal steps where you move sideways

Repeat - Enjoy

Last Update - 11 Sept. - R2