Let's Get Down

級數: Intermediate

編舞者: Chris Jacques (USA) & Debbie Rushton (UK) - November 2023

牆數:2

音樂: Candy - Ruben

Count in: As the dance begins with a turn, it is easier to start the dance on count 8 on the words 'You're my'

1/2 TURN 1/4 TURN, BEHIND SIDE CROSS, & TOGETHER, STEP, STEP LOCK STEP

- 8 1 2 Step R forward, Pivot ½ turn L taking weight on L, Make ¼ turn L stepping R to R side (3 o'clock)
- 3&4 Cross L behind R, Step R to R side, Cross L over R
- &5 6 Step R to R side (angle body to L diagonal), Step L beside R, Step R forward towards L diagonal (1.30)
- 7&8 Step L forward, Lock R behind L, Step L forward

PRESS, RECOVER, BEHIND SIDE CROSS, 1/4 TURN, 1/4 TURN, STEP LOCK STEP

- 1 2 Make 1/8 turn L and press R out to R side, Recover weight onto L (12 o'clock)
- 3&4 Cross R behind L, Step L to L side, Cross R over L
- 5&6& Step L to L side, Touch R beside L making ¼ turn R, Step R to R side, Touch L beside R making 1/8 turn R
- 7&8 Step L forward to L diagonal, Lock R behind L, Step L forward (4.30)

STEP 1/2 TURN, HIP BUMP 1/2 TURN, HIP BUMP 1/2 TURN, JAZZ BOX 1/4 TURN

- 1 2 Step R forward, Pivot ¹/₂ turn L taking weight forward onto L (11.30)**
- 3&4 Step R forward and bump hips forward, back, forward as you make ½ turn L (4.30)
- 5&6 Make ¹/₂ turn L stepping L forward and bump hips forward back forward (11.30)
- 7&8& Cross R over L (straightening body to front wall), Make ¼ turn R stepping back on L, Step R to R side, Cross L over R (3 o'clock)

** Styling tip - you can change the first two counts to the below steps:

&1 2 Step R forward, touch L toe locked behind R, Make ¹/₂ turn L stepping L forward

SIDE TOUCH, ROCK RECOVER, BACK POINT, SAILOR 1/4 TURN

- 1 2 Step R to R side, Touch L toe behind R and click R hand down to R side
- 3 4 Rock L out to L side pushing hips L, Recover onto R pushing hips to R angling body to L diagonal (1.30)
- 5 6 Step L back to R diagonal, Point R toe back
- 7&8 Cross R behind L making 3/8 turn R, Step L beside R, Step R forward (note: this step is the start of the ½ pivot turn L to begin the dance again)

No tags. No restarts Enjoy!





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