

# Get on Your Feet

拍數: 32      牆數: 4      級數: Improver  
編舞者: Debbie Rushton (UK) - March 2024  
音樂: We're On Our Way - LÖNIS & Daphne Willis



Count in: After 32 counts on lyrics

## STEP ½ TURN STEP, STEP ¼ TURN CROSS, TOUCH SWIVEL SWIVEL HITCH, BEHIND SIDE CROSS

1&2      Step L forward, Pivot 1/2 turn R taking weight onto R, Step L forward  
3&4      Step R forward, Pivot 1/4 turn L, Cross R over L  
5&6&      Step L forward to L diagonal, Swivel both heels left raising heels off floor and raise L hip,  
Swivel both heels back to Centre (weight R), Hitch L knee up  
7&8      Cross L behind R, Step R to R side, Cross L over R

## OUT OUT, SIDE SHUFFLE, SYNCOPATED JAZZ BOX ¼ TURN, STEP LOCK STEP

1 2      Step R out to R side, Step L out to L side (bounce both shoulders 1&2& or shimmy!)  
3&4      Step R to R side, Step L beside R, Step R to R side  
5&6&      Cross L over R, Make 1/4 turn L stepping back on R, Step L to L side, Scuff R forward  
7&8      Step R forward, Lock L behind R, Step R forward

## TAP TAP STEP, TAP TAP STEP, CROSS BACK & CROSS SHUFFLE

1&2      Touch L toe next to R, Touch L toe slightly forward to L diagonal, Step L forward to L  
diagonal  
3&4      Touch R toe next to L, Touch R toe slightly forward to R diagonal, Step R forward to R  
diagonal  
5 6&      Cross L over R, Step R back, Step L to L side  
7&8      Cross R, Step L to L side, Cross R over L

• Easier option for counts 1-4 – Step L to L diagonal bumping hips L, R, L, Step R to R diagonal bumping hips R, L, R

## SIDE STRUT, CROSS STRUT, ROCK ¼ TURN STEP, SYNCOPATED LOCK STEPS

1&2&      L side strut to L side, Cross strut R over L (shimmy!)  
3&4      Rock L out to L side, Recover onto R making 1/4 turn R, Step L forward  
5&6&      Step R to diagonal, Lock L behind R, Step R forward to R diagonal, Step L to L diagonal  
7&8      Lock R behind L, Step L to L diagonal, Step R forward

## TAG\*

\*1) At end of wall 1 facing 3 o clock

\*2) At end of wall 2 facing 6 o clock

\*3) During wall 3 after 16 counts facing 6 o clock

## ROCK RECOVER BACK, COASTER STEP, HIP BUMPS LRL, HIP BUMPS RLR

1&2      Rock forward on L, Recover back onto R, Step L back  
3&4      Step R back, Step L beside R, Step R forward  
5&6      Step L to L diagonal and bump hips L, R, L  
7&8      Step R to R diagonal and bump hips R, L, R

Last Update - 4 Mar. 2024 - R1