

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