

# Repetition

拍數: 48      牆數: 4      級數: Beginner  
編舞者: Rex Allott (UK) - April 2024  
音樂: Get a Move On! - Mr. Scruff



Intro - 24 beats

Danced to - Get A Move On ! (short version - preferably □) by Mr. Scruff feat. Sneaky

## S1. Modified cross rumba box R

1-3.            Cross L over R, pause, step R fwd  
4-6.            Step L next to R, step R back, step L next to R

## S2. Modified cross rumba box L

1-3.            Cross R over L, pause, step L fwd  
4-6.            Step R next to L, step L back, step R next to L

## S3. 1/4 cross turn R, step L out L, 1/4 cross turn L

1-3&            Turning 1/4 R, step L over R, step R down, step L out L, return next to R  
4-6.            Turning 1/4 L, step R over L, step L down, step R next to L

## S4. 1/4 cross turn L, step R out R, kick R fwd x 2

1-3.&            Turning 1/4 L, step R over L, step L down, step R out R, return next to L  
4-6.            Kick R out fwd x 2, step R next to L

## S5. R, L toe struts, R coaster step

1-3&.            R toe strut, L toe strut  
4-6.            Step back on R, fwd on L, step R next to L

## S6. L, R toe struts, L coaster step

1-3&.            L toe strut, R toe strut  
4-6.            Step back on L, fwd on R, step L next to R

## S7. Slow prissy steps R, L, 1/2 walking turn R

1-3&.            Cross R over L, pause, L over R, pause  
4-6.            Turning 1/4 R, step R fwd, turning 1/4 R, step L, R

## S8. R lock step fwd, L mambo step

1-3.            Step R fwd, lock L behind R, step R fwd  
4-6.            Step fwd on L, back on R, step L next to R

Love this groove, but at 7+ minutes it was just too long for a dance. Recently discovered a short version at just over 3 minutes - bingo !

Replace 1/2 cross turn R in final S7. with R mambo step to finish short version facing fwd.

Beware; once this gets in your head it's hard to get it out.