

Get Down On It

拍數: 64 牆數: 2 級數: Phrased Improver
編舞者: Anna (INA) - September 2024
音樂: Get Down On It - Kool & The Gang



Sequence : B - A - B - A - A - B - B - A (16 counts) Change step B - B - B - B (16 counts) - ENDING

Starting dance after 32 count.

INTRO (16 c)

I. WALK FWD (R-L) - HIPS R FWD - 1/2 TURN L WITH HIPS L FWD - WALK FWD (R-L)

- 1 - 2 Walk forward on R-L
- 3 & 4 Hips R forward on Up - Down - Step R in place
- 5 & 6 1/2 Turn L with Hips L forward on Up (facing 06:00) - Down - Step L in place
- 7 - 8 Walk forward on R-L

II. HIPS R FWD - 1/2 TURN L WITH HIPS L FWD - SYNCOPATED MONTEREY (R-L-R-L)

- 1 & 2 Hips R forward on Up - Down - Step R in place
- 3 & 4 1/2 Turn L with Hips L forward on Up - Down - Step L in place
- 5 & 6 & Point touch R to side - Step R together - Point touch L to side - Step L together (weight on both feet)
- 7 & 8 & Point touch R to side - Step R together - Point touch L to side - Step L together (weight on both feet)

PHRASED A (32 counts)

I. VAUDEVILLE - SWITCH TOUCHES FWD (R-L-R) - TOGETHER

- 1 & 2 & Cross R over L - Step L to side - Touch R toes diagonal forward - Step R together
- 3 & 4 & Cross L over R - Step R to side - Touch L toes diagonal forward - Step L together
- 5 & 6 & Touch R toes forward - Step R together - Touch L toes forward - Step L together
- 7 - 8 & Rock R forward - Hold - Step R together

II. FWD LOCK SHUFFLE - ROCK FWD - BACKWARD LOCK SHUFFLE

- 1 & 2 Step L forward - Lock R behind L - Step L forward
- 3 - 4 Rock R forward - Recover on L
- 5 & 6 Step R backward - Lock L over R - Step R backward
- 7 - 8 Rock L back - Recover on R

=> Here On Wall 8 after 16 count (on the count of 8 it changes step - Touch R beside L (06:00))

III. WALK FWD (L-R) - BACK SHUFFLE - 1/4 TURN R SAILOR STEP FWD - 1/2 TURN L SAILOR STEP FWD

- 1 - 2 Walk forward on L-R
- 3 & 4 Rock L backward - Cross R over L - Step L backward
- 5 & 6 1/4 Turn R cross R behind L (facing 03:00) - Step L together - Step R forward
- 7 & 8 1/2 Turn L cross L behind R (facing 09:00) - Step R together - Step L forward

IV. KICK R FWD - BACK - TOUCH FWD WITH HIPS FWD - 1/4 TURN R SIDE CHASSE (R-L)

- 1 & 2 Kick R forward - Stepping R back (still on facing 09:00) - Touch L forward with hips forward
- 3 & 4 Hips L forward on Up - Down - Step L in place
- 5 & 6 1/4 Turn L Step R to side (facing 06:00) - Step L together - Step R to side
- 7 & 8 Recover on L - Step R together - Step L to side

PHRASED B (32 counts)

I. SWITCH CROSS ROCK & SIDE - BOTAFOGO

- 1 & 2 Cross rock R over L - Recover on L - Step R to side
- 3 & 4 Cross rock L over R - Recover on R - Step L to side
- 5 & 6 Cross R over L - Rock L to side - Recover on R
- 7 & 8 Cross L over R - Rock R to side - Recover on L

II. TWICE KICK BALL R FWD & 1/4 TURN L SAILOR STEP FWD

- 1 & 2 Kick R forward - Step R beside L - Touch L to side
- 3 & 4 1/4 Turn L cross L behind R (facing 09:00) - Step R beside L - Step L forward
- 5 & 6 Kick R forward - Step R beside L - Touch L to side
- 7 & 8 1/4 Turn L cross L behind R (facing 06:00) - Step R beside L - Step L forward

III. 1/4 TURN L PADDLE (2x) - SWITCH CROSS SHUFFLE (R-L)

- 1 - 2 Step R forward - 1/4 Turn L Recover on L (facing 03:00)
- 3 - 4 Step R forward - 1/4 Turn L Recover on L (facing 12:00)
- 5 & 6 Cross R over L - Step L to side slightly - Cross R over L
- 7 & 8 Cross L over R - Step R to side slightly - Cross L over R

IV. MODIFIED JAZZ BOX (2x) - ROCKING CHAIR

- 1 - 2 & Cross R over L - Step L back - Step R to side
- 3 - 4 & Cross L over R - Step R back - Step L to side
- 5 - 8 Rock R forward - Recover on L - Rock R backward - Recover on L

ENDING (8 counts)

1/4 TURN L PADDLE (4x)

- 1 - 2 Step R forward (1) - 1/4 Turn L Recover on L (2) 09:00
- 3 - 4 Step R forward (3) - 1/4 Turn L Recover on L (4) 06:00
- 5 - 6 Step R forward (5) - 1/4 Turn L Recover on L (6) 03:00
- 7 - 8 Step R forward (7) - 1/4 Turn L Recover on L (8) 12:00

Thank you so much ☐

For more information about Stepsheets and Song, please contact :
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