

Get Get Down

拍數: 32 牆數: 4 級數: Low Improver
編舞者: Tanya Curry (USA) & Pam Lindsey (USA) - January 2025
音樂: Get Get Get Down - Pitbull, Tim McGraw & Vikina



#32 count intro

V Step, Hip Bumps, Hip Rotation

- 1 Step R foot forward and diagonal to right
- 2 Step L foot forward and diagonal to left
- 3 Step R foot home
- 4 Step L foot next to right foot
- 5 Bump hips to right
- 6 Bump hips to left
- 7-8 Do hip roll counter-clockwise

R Vine, Side, Cross, Unwind ½ Turn Left

- 1 Step R foot to right side
- 2 Step L foot behind right foot
- 3 Step R foot to right side
- 4 Touch L foot next to right foot
- 5 Step L foot to left side
- 6 Cross R foot over left foot
- 7-8 Unwind turning ½ to left

Diagonal, Heel, Toe, Heel, Back, Together, Triple Back

- 1 Step R foot diagonal forward right
- 2 Step L heel toward right foot
- 3 Step L toe toward right foot
- 4 Step L heel toward right foot, no weight
- 5 Step L foot back diagonal left
- 6 Touch R foot back next to left foot
- 7&8 Triple R, L, R back at right diagonal

Note for counts 1-4 (bend knees going down as you step R diagonal, gradually come back up on counts 2-4)

Touch, turn 1/2 L, Step ¼ Pivot R, Back Touch, Back Touch

- 1 Touch L toe back
- 2 Pivot ½ turn left changing weight to left foot
- 3 Step R foot forward
- 4 Pivot ¼ turn to left
- 5 Step R foot back
- 6 Touch L toe forward
- 7 Step L foot back
- 8 Touch R toe forward