

Get Down

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Scott Hartley (AUS)
音樂: The South's Gonna Do It Again - Charlie Daniels



SHUFFLE FORWARD, SHUFFLE FORWARD, CROSS KICK, KICK CROSS KICK, KICK CROSS KICK

- 1&2 Shuffle forward right-left-right
3&4 Shuffle forward left-right-left
5-8 Cross right over left, kick left forward at 45 degrees left, kick left forward at 45 degrees left, cross left over right
9-12 Kick right forward at 45 degrees right, kick right forward at 45 degrees right, cross right over left, kick left forward at 45 degrees left

SHUFFLE BACK, ½ TURN RIGHT, SHUFFLE FORWARD, CROSS KICK, KICK CROSS, KICK, KICK CROSS KICK

- 13&14& Shuffle back left-right-left, turn ½ turn right
15&16 Shuffle forward right-left-right
17-20 Cross left over right, kick right forward at 45 degrees right, kick right forward at 45 degrees right, cross right over left
21-24 Kick left forward at 45 degrees left, kick left forward at 45 degrees left, cross left over right, kick right forward at 45 degrees right

CROSS, UNWIND, SHUFFLE FORWARD, ¼ TURN RIGHT, ½ TURN LEFT SHUFFLE FORWARD

- 25-26 Cross right over left, unwind ½ turn left
27&28 Shuffle forward left-right-left
29-30 Turn ¼ turn right stepping right to right side, turn ½ turn left stepping forward on left
31&32 Shuffle forward right-left-right

BALL JACK LEFT, BALL JACK RIGHT

- &33 Step back on ball of left foot, touch right heel forward
&34 Replace right foot back to center, touch ball of left foot beside right
&35 Step back on ball of left foot, touch right heel forward
&36 Replace right foot back to center, touch ball of left foot beside right

BALL JACK LEFT, SHUFFLE FORWARD

- &37 Step back on ball of left foot, touch right heel forward
&38 Step right beside left, step left forward
39&40 Shuffle forward right-left-right

ROCK FORWARD, BACK, SHUFFLE BACK, STEP CORKSCREW TURN TOUCH

- 41-42 Rock forward on left, rock back on right
43&44 Shuffle back left-right-left
45-48 Step right foot back, corkscrew turn bending knees ½ turn right, touch right beside left

REPEAT