

Get Down

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Craig (Sexyfeet) (SCO)
音樂: Get Down - Gilbert O'Sullivan



PADDLE TURNS LEFTX3, RIGHT SHUFFLE, CROSS, HOLD & CLICK

1& ¼ turn left, point right to right side
2& ¼ turn left as you hitch right beside left, point right to right side
3& ¼ turn left as you hitch right beside left, point right to right side
4 Touch right foot next to left
5&6 Right shuffle forward
7-8 Cross left over right, hold & click

HEEL JACKS TWICE, ROCK & RECOVER, RIGHT SAILOR STEP

&1&2 Step small step back onto right, left heel diagonally forward, step left foot in place, cross right foot over left
&3&4 Step small step back onto left, right heel diagonally forward, step right foot in place, cross left over right
5-6 Rock right to right side, recover on left
7&8 Step right foot behind left, step left to left side, step right to right side

HEEL SWITCHES, ROCKFWD LEFT, ¼ RIGHT, LEFT SAILOR, STOMP, KICK

1&2& Left heel forward, step left in place, right heel forward, step right in place
3-4 Rock forward onto left, recover onto right as you make a ¼ turn right
5&6 Left sailor step
7-8 Stomp right in place (taking weight), kick left foot to left diagonal

LEFT LOCK STEP, ROCK & CROSS, ROCK FORWARD LEFT, ¾ TRIPLE LEFT

1&2 Left lock step forward
3&4 Rock right to right side, recover on left, cross step right over left
5-6 Rock forward left, recover on right
7&8 ¾ turn over left shoulder, stepping left right left

REPEAT

TAG

Done once only after 4th wall, you will be back facing 12:00

1-4 Grapevine to the right
5-8 Rolling grapevine to the left