

# Get Down

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Stephen (Hillbilly) Howard  
音樂: Get Down On It - Kool & The Gang



## GRAPEVINE RIGHT TAP, GRAPEVINE LEFT TAP

1-4      Step right to right side, cross left behind right, step right to right side, tap left beside right  
5-8      Step left to left side, cross right behind left, step left to left side, tap right beside left

## STEP FORWARD ON RIGHT FOOT, TAP, STEP BACK ON LEFT FOOT, TAP, ¼ TURN TO RIGHT ON RIGHT, TAP, STEP FORWARD ON LEFT, TAP

9-10      Step forward on right foot, tap left beside right  
11-12      Step back on left foot, tap right beside left  
13-14      Make ¼ turn to right stepping forward on right, tap left beside right  
15-16      Step forward on left, tap right beside left

## SHUFFLE BACK ON RIGHT, BACK ROCK ON LEFT FORWARD ON RIGHT, SHUFFLE FORWARD ON LEFT FOOT, PIVOT ½ LEFT

17&18      Step back right, close left beside right, step back right  
19-20      Rock back on left, rock forward on right  
21&22      Step forward left, close right beside left, step forward left  
23-24      Step forward right, pivot ½ turn left

## 3 X HEEL SWITCHES (LEAD RIGHT), CLAP TWICE, HIP BUMPS X 4

25&      Touch right heel forward, step right beside left  
26&      Touch left heel forward, step left beside right  
27&28      Touch right heel forward, clap hands twice  
29-30      Stepping forward on right bump right hip forward twice  
31-32      Transfer weight backwards onto left and bump left hip back twice

**REPEAT**

---