

# Get Down

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Jeremy Oldham (USA)  
音樂: Get Down On It - Kool & The Gang



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## KICK & TOUCH, KICK & TOUCH

1&2-3&4      Kick right forward, & step down on right, touch left toe behind right, kick left forward, & step down on left, touch right toe behind left

## STEP, BEHIND, & STEP, ¼ HEEL

5-6&7-8      Step right forward, cross left behind, & step right in place, step left slightly forward, ¼ turn right touching right heel forward

## TOUCH, ½ PIVOT, FORWARD, & ¼, CROSS

1-2-3&4      Touch right toe back, ½ pivot right, step left forward, & step right in place making ¼ turn right, cross left over right

## STEP, SAILOR, KICK, OUT, OUT

5-6&7&8      Step right to right side, cross left behind, & step right in place turning ¼ left, kick left forward, & step right to right side, step left to left side

## CIRCLE HIPS & CIRCLE HIPS

1-2-3-4      Circle hips back from left, to right, circle hips back from right, to left

## & CROSS, SNAP, & CROSS, SNAP

&5-6&7-8&      Step left in place, cross right over left, snap, & step left to left side, cross right over left, snap

## STEP, BEHIND, & ROCK STEP

1-2&3-4      Step right forward, cross left behind, & step right forward, rock forward on left, rock back on right

## FULL TURN BACK WITH COASTER STEP

5-6-7&8      Step left forward turning ½ left, step right back turning ½ left, step left back, & step right next to left, step left in place

## REPEAT

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