

# Get Down

拍數: 32      牆數: 4      級數: Improver  
編舞者: Pam Pike (UK)  
音樂: Get Down Saturday Night - Oliver Cheatham



---

## SIDE, BEHIND & HEEL & CROSS TWICE

1-2            Step right to right side, cross left behind right  
&3&4        Step right back, touch left heel forward, step left back, cross right over left  
5-6            Step left to left side, cross right behind left  
&7&8        Step left back, touch right heel forward, step right back, cross left over right

## SIDE ROCK, RIGHT SAILOR, LEFT SAILOR ¼ TURN, STEP ½ TURN

1-2            Rock right to right side, recover onto left  
3&4            Right sailor (cross right behind left, rock left to left side, recover onto right)  
5&6            ¼ turn left sailor (cross left behind right, make ¼ turn left stepping onto right, step left next to right)  
7-8            Step forward on right, pivot ½ turn left, weight on left

## ½ TURNING SHUFFLE, ROCK BACK, LEFT SHUFFLE FORWARD, 2 HALF TURNS

1&2            Turning right shuffle (step right foot forward starting to turn left, step left next to right completing ½ turn left, step back on right)  
3-4            Rock back on left, recover onto right  
5&6            Left shuffle forward (step left foot forward, step right next to left, step left foot forward)  
7-8            Full turn forward (step back on right turning ½ left, step forward on left turning ½ left)

## SIDE ROCK, BEHIND SIDE CROSS TWICE

1-2            Rock right to right side, recover onto left  
3&4            Cross right behind left, step left to side, cross right over left  
5-6            Rock left to left side, recover onto right  
7&8            Cross left behind right, step right to side, cross left over right

**REPEAT**

---