

Get Down

拍數: 48 牆數: 4 級數: Improver
編舞者: Dawn Rathbun (USA)
音樂: Hicktown - Jason Aldean



KICK POINT, KICK POINT, JAZZ BOX

1&2 Kick right forward switch point left toe to left side
3&4 Kick left forward switch point right toe to right side
5-6 Cross right over left, step back left
7-8 Step side right, step together left

SWIVEL RIGHT, SWIVEL LEFT, FRONT STRUTS

1-2 Swivel heels right, swivel back home (on balls of both feet)
3-4 Swivel heels left, swivel back home
5-6 Step forward right heel then drop toe down
7-8 Step forward left heel then drop toe down

SHUFFLE, PIVOT, SHUFFLE, ROCK

1&2 Step forward right slide left up to right heel step forward right
3-4 Step left turn ½ right weight changes to right
5&6 Step forward left slide right up to left heel step forward left
7-8 Step forward right change weight back on left

BACK STRUTS, SWIVEL LEFT, SWIVEL RIGHT

1-2 Step back right toe drop heel down
3-4 Step back left toe drop heel down
5-6 Swivel heels left, swivel back home
7-8 Swivel heels right, swivel back home

¼ TURN JAZZ BOX, KICK POINT, KICK POINT

1-2 Step right over left, step back left
3-4 Step ¼ turn right on right, step together left
5&6 Kick right forward switch point left toe to left side
7&8 Kick left forward switch point right toe to right side

SHUFFLE BACK, STEP FORWARD, STEP BACK, SHUFFLE BACK, ROCK

1&2 Step back right slide left to right toe step back right
3-4 Step left behind right turning ½ turn left, step back right
5&6 Step back left slide right to left toe step back left
7-8 Step back right change weight back on left

REPEAT