

# Get Down On It

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 1      級數: Intermediate  
編舞者: John Robinson (USA)  
音樂: Get Down On It - Kool & The Gang



## **½ ROLLING TURN LEFT, SAILOR SHUFFLE, STEP, KICK-BALL-CHANGE, STEP**

**On the first two counts, you will execute a half rolling turn left**

- 1-2      Left step into ¼ turn left, right step around turning another ¼ left (you should now be facing the wall opposite from where you started)  
3&4      Left step across behind right, rock ball of right foot side right, left step slightly forward angling body 45 degrees left

**On the next 4 counts, keep body angled 45 degrees left. You will also travel left**

- 5-6      Step right forward, left kick forward  
&7-8      Quickly step ball of left foot next to right, step right forward, step left forward

## **STOMP, HEEL SWIVELS TURNING LEFT, STEP ¼ TURN LEFT, STOMP, HEEL SWIVELS**

- 1-2      Right stomp up next to left, with weight on balls of feet swivel heels left  
3&4      Swivel heels right, left, right transferring weight to right foot and turning body 45 degrees to face side wall  
5-6      Left step forward into ¼ turn left, right stomp up next to left  
7&8      Swivel heels right, left, right transferring weight to right foot

**You are now facing the original wall where the dance started.**

## **SIDE, BEHIND & WALK, WALK, STOMP FORWARD, HIP BUMP & SHAKE**

- 1-2      Left step side left, right step across behind left  
&3-4      Left step side left, step right forward, step left forward  
5-6      Right stomp forward, bump right hip forward  
7&8      Bump left hip back twice, shifting weight back to left

**Just for fun, "get down" on counts 5,6. Bend your knees and sink down over your right foot on the stomp. Bump forward as usual. Then come up on counts 7&8, straightening your knees as you roll your hips back up to the left.**

## **REVERSE ½ PIVOT RIGHT, FORWARD ½ PICOT RIGHT, WALK BACK, COASTER STEP**

- 1-2      Right touch back, pivot ½ turn right shifting weight to right  
3-4      Left touch forward, pivot ½ turn right shifting weight back to left  
5-6      Right small step back, left small step back  
7&8      Step right back, left step back next to right, step right forward

**You should finish the dance on the same spot where you began.**

**REPEAT**