

Get Down On It

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