

Get Down!

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kelvin Elvidge (USA)
音樂: Pick Up the Fiddle (Pluck That Banjo) - Razzle Dazzle



VINE RIGHT 2, RIGHT & LEFT APART, RIGHT TOGETHER, VINE LEFT 2, LEFT & RIGHT APART, LEFT TOGETHER

1-2 Step right foot to right side, cross left foot behind right and step
&3 Step right foot to right side, step left foot to left side
4 Step right foot together (option: slide right foot together, weight ends on right foot)
5-6 Step left foot to left side, cross right foot behind left and step
&7 Step left foot to left side, step right foot to right side
8 Step left foot together (option: slide left foot together, weight ends on left foot)

RIGHT KICK BALL CHANGE, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT KICK, RIGHT & LEFT APART, SWIVEL HEELS, TOES, HEELS TOGETHER

1&2 Kick right foot forward, step back on ball of right foot, step left foot together
3-4 Step right foot forward, pivot ½ turn left with weight ending on left foot
5&6 Kick right foot forward, step right foot to right side, step left foot to left side
7&8 Turn both heels in, turn toes in, turn both heels in (shift weight to left foot)

SHUFFLE BOX

1&2 Step right foot to right side, step left foot together, step right foot to right side
& Raise left foot and pivot ¼ right on right foot
3&4 Step left foot to left side, step right foot together, step left foot to left side
& Raise right foot and pivot ¼ right on left foot
5&6 Step right foot to right side, step left foot together, step right foot to right side
& Raise left foot and pivot ¼ right on right foot
7&8 Step left foot to left side, step right foot together, step left foot to left side

FORWARD SHUFFLE TWICE, MEXICAN HAT DANCE, RIGHT TOES BACK, ½ RIGHT PIVOT TURN

1&2 Step right foot forward, step left foot together, step right foot forward
3&4 Step left foot forward, step right foot together, step left foot forward
5&6 Touch right heel forward, step right foot together, touch left heel forward
& Step left foot together
7-8 Touch right toes back, pivot ½ right (backward turn) ending with weight on left foot

REPEAT
