

# Get On Your Feet

拍數: 0                      牆數: 2                      級數: Phrased Improver  
編舞者: Keith Stewart (N.IRE) - August 2008  
音樂: Get On Your Feet - Gloria Estefan



Sequence: A, A(1-32), B, A(1-8), A, BB, A(1-28), A, A(1-16), B to end

## Part A

**Walk Forward Right Left, Right Hip Bumps Twice, Repeat First Four Counts Starting On Left**

- 1-2                      Walk forward right, left
- 3-4                      Putting right toe forward, bump right hip forward twice, putting weight onto right on second hip bump
- 5-6                      Walk forward left, right
- 7-8                      Putting left toe forward, bump left hip forward twice, putting weight onto left on second hip bump

**Step ½ Turn Step, Left Side Rock Cross, Right Side Rock Cross, Left Side Rock Cross**

- 1&2                      Step right forward, pivot a ½ turn left, step right forward
- 3&4                      Rock left out to left side, recover onto right in place, cross left over right
- 5&6                      Rock right out to right side, recover to left in place, cross right over left
- 7&8                      Repeat counts 3 & 4 in this section

**DO ALL OF THAT AGAIN**

- 1-16                      Repeat previous 16 counts

**Right Side Step, Together, Right Side Shuffle With ¼ Turn, Step ¼ Turn, Left Cross Shuffle**

- 1-2                      Step right to side, bring left in beside right, weight even between feet
- 3&4                      Step right to side, bring left in beside right, step right to side making a ¼ turn to right
- 5-6                      Step left forward, then pivot a ¼ turn to the right on both feet
- 7&8                      Cross left over right, step right slightly to right side, cross left over right
  
- 9-16                      Repeat counts 1-8

## Part B

**Step Forward Right, Left, Step Back Right, Left Coaster Step, Right Side Shuffle, Side Step Left**

- 1-3                      Step forward right, step forward left level with right, step right back
- 4&5                      Step left back, step right back, step left forward
- 6&7                      Step right to side, bring in left beside right, step right to side
- 8                          Step left in place to left side

**Right Sailor Step, Left Sailor Step, Right Behind Unwind ½ Turn, Full Triple Turn Right**

- 1&2                      Cross right behind left, step left slightly to left side, step right out to right side
- 3&4                      Cross left behind right, step right slightly to right side, step left out to left side
- 5-6                      Touch right toe behind left, then make a ½ turn over right shoulder, taking weight onto right
- 7&8                      Make a full turn right, stepping left, right, left, or shuffle forward for left, right, left

**DO ALL OF THAT AGAIN**

- 1-16                      Repeat previous 16 counts