

Get On Down

拍數: 32 牆數: 4 級數: Improver
編舞者: Rob Fowler (ES) - February 2010
音樂: Now You Know - Miss Eighty 6



(Alternative: Music: On Fire By: Lloyd Banks)

Walk, Walk, Kick ball step, ¼ turn right knee roll, left knee roll, sailor ¼ turn

- 1, 2 Walk forward right foot, walk forward left foot
3&4 Kick right foot forward, step right next to left, step forward onto left
5, 6 ¼ turn to right rolling right knee clockwise, roll left knee anti clockwise
7&8 Step right foot behind left, step left slightly to left side, ¼ turn right long step forward onto right foot.

Dip ¼ turn right, ½ turn right stepping right to right side, left kick and cross, Syncopated monterey turn

- 1,2 ¼ turn to right stepping left next to right bending both knees, ½ turn right on ball of left foot stepping right to right side
3&4 Kick left foot across right foot, step down onto left foot, touch right to right side
5&6 Full turn right stepping right next to left, rock left to left side, rock right to right side
7&8& Cross left foot over right foot, Rock right foot to right side, ¼ turn to left stepping onto left foot, ¼ turn to left stepping right to right side

Together sweep, cross, side, behind ¼ step, step ½ pivot turn left, brush out out

- 1, 2 Step left next to right foot as you sweep right foot across left foot(this is done in 1 count), step down onto right foot
3&4 Step left to left side, cross right behind left, ¼ turn to left stepping forward onto left foot
5, 6 Step forward onto right foot, ½ pivot turning left
7&8& Brush right foot forward, step right out to right side, step left out to left side, and step right next to left

Left cross, right side, left sailor ¼ turn, ¼ turn hitch, hip bumps with ¼ turn, coaster step

- 1, 2 Cross left over right foot, step right to right side
3&4& Step left behind right foot, step right slightly to right side, ¼ turn to left stepping on left foot forward, ¼ turn to left hitching right knee
5&6 Step right foot to right side bumping hip to the right, bump hip to left, ¼ turn to left pushing right hip back
7&8 Step back onto left, step right next to left, step forward onto left

End of Dance