

# Get Down

拍數: 32      牆數: 4      級數: Improver  
編舞者: Darren Bailey (UK) & Lana Williams (UK) - July 2010  
音樂: Get Down On It - Kool & The Gang



## Slide R, Heel Bounces X2, Slide L, Kick Ball Step

- 1-2      Take a big step to R side with Rf, touch Lf next to Rf
- 3-4      Bounce both heel into the floor x2 (bending at the knees)
- 5-6      Take a big step to L side with Lf, touch Rf next to Lf
- 7&8      Kick Rf forward, step Rf next to Lf, step forward onto Lf

## Step Forward, Heel Swivel Turn 1/2, L Coaster Step, Walks X2, Forward Clap, Behind Clap

- 1&2      Step forward onto Rf, twist L heel towards R heel making a 1/4 turn L (weight ends on Lf), make a 1/4 turn L twisting R heel backwards (weight ends on Rf)
- 3&4      Step back on Lf, close Rf next to Lf, step forward onto Lf
- 5-6      Step forward on Rf, step Forward on L
- 7-8      Touch R heel forward whilst clapping hands in front, touch R toe back whilst clapping hands behind your body

## Forward Shuffle R, Step 1/4 Turn L, Heel, Toe, Heel, Toe

- 1&2      Step forward on Rf, close Lf behind Rf, step forward on Rf
- 3-4      Step forward on Lf, make a 1/4 turn R (weight ends on Rf)
- 5-6      Touch L heel forward across Rf, touch L toe to L side
- 7-8      Touch L heel forward across Rf, touch L toe to L side

## Step, Touch R, Step, Touch L, L Sailor Step, Cross Behind, Jump Out, In

- 1-2      Step Lf across Rf, touch Rf to R side
  - 3-4      Step Rf across Lf, touch Lf to L side
  - 5&6&      Step Lf behind Rf, step Rf to R side, step Lf to L side, Step Rf behind Lf
  - 7-8      Jump out with both Feet (dropping down slightly), jump both feet together (weight ends on Lf)
-