

Get Down

拍數: 32 牆數: 4 級數: Improver
編舞者: Sobrielo Philip Gene (SG) - December 2010
音樂: Get Down - Gilbert O'Sullivan : (Album: I'm a Writer, Not a Fighter)



Starts on vocals after 24-beat intro

¼ TURN LEFT SIDE SHUFFLE (3 TIMES), ¼ TURN LEFT SIDE TOUCH, DRAWING A BOX

1&2 ¼ turn left stepping right to right (1), step left beside right (&), step right to right (2),
3&4 ¼ turn left stepping left to left (3), step right beside left (&), step left to left (4),
5&6 ¼ turn left stepping right to right (5), step left beside right (&), step right to right (6),
7 8 ¼ turn left stepping left to left (7), touch right beside left (8) (12 o'clock)

STEP SIDE, STEP TOGETHER (2 TIMES)

1 2 Take a big step to the right squatting into a sitting position (1), hold (2)
3 4 Step left beside right, standing up (3), hold (4)
5 6 Take a big step to the right squatting into a sitting position (1), hold (2)
7 8 Step left beside right, standing up (3), hold (4)

JAZZ BOX TURNING ¼ RIGHT, CROSS ROCK, SIDE ROCK

1 2 Cross right over left (1), step left back (2),
3 4 Turning a ¼ right, step right to the side (3), step left beside right (4) (3 o'clock)
5 6 Cross rock right over left (5), recover weight onto the left (6),
7 8 Rock right to the right (7), recover weight onto the left to prepare for the rolling vine (8)

ROLLING VINES RIGHT AND LEFT WITH CLAPS

1 2 Turning ¼ right step right forward (1), turning ¼ right step left to left (2)
3 4 Turning ½ right side right to right (3), touch left toe beside right and clap (4)
5 6 Turning ¼ left step left forward (5), turning ¼ left step right to right (6)
7 8 Turning ½ left side left to left (7), touch right toe beside left and clap (8)

Start again

TAG (do this after the 4th wall, you'll be facing the front wall)

1-4 Walk forward right (1), left (2), right (3), point left to the side (4)
5-8 Walk back left (5), right (6), left (7), point right to the side (8)