

# Get Down On It

**COPPER** **NOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Amy Christian (USA) - February 2011  
音樂: Get Down On It - Kool & The Gang



**Intro: 16 counts. On Lyrics.**

## **SIDE, ROCK, BEHIND, SIDE, CROSS, SIDE, ROCK, COASTER STEP,**

1-2            Rock R foot to right side, Recover on L foot,  
3&4           Step R behind L, Step L to L side, Cross R over L,  
5-6           Rock L foot to L side, Recover on R,  
7&8           L Coaster Step,

## **PIVOT 1/2, TRIPLE FORWARD, ROCK FWD, RECOVER, LOW HITCH WITH DOUBLE BUMPS,**

1-2            Step fwd on R, Pivot 1/2 turn L, stepping L fwd,  
3&4           Triple fwd, R,L,R,  
5-6           Rock fwd on L, Recover back on R,  
7-8           Leave L foot slightly off the ground, (Or touch L foot in place, weight on R foot), as you bump left twice,

## **SIDE, ROCK, CROSS SHUFFLE, TOUCH, HITCH, COASTER STEP**

1-2            Rock to L side on L foot, Recover on R,  
3&4           Cross L over R, Step R to R side, Cross L over R,  
5-6           Touch R foot out to right side, Hitch R foot,  
7&8           R Coaster Step (Step back on ball on R, Step L next to R, Step fwd on R),

## **TOUCH, HITCH, COASTER STEP, ROCK FWD, RECOVER, BACK, CROSS,**

1-2            Touch L foot out to left side, Hitch L foot,  
3&4           L Coaster Step, (Step back on ball on L, Step R next to L, Step fwd on L),  
5-6           Rock fwd on R, Recover on L,  
7-8           Step back on R, Cross L over R,

**(Optional moves - On count 7-8 - Snap R fingers and look R(7), Snap L fingers and Look L(8),**

**Start again!**

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