

# Get Back (ASAP)

拍數: 64                      牆數: 4                      級數: Intermediate  
編舞者: Francien Sittrop (NL) - September 2011  
音樂: Get Back (ASAP) - Alexandra Stan : (3:29)



**Intro: Start after 32 counts from the Heavy beat (41 Sec )**

**[1 – 8] Step Fwd, Pivot ½ Turn L, Shuffle fwd, Step Pivot ½ R, Kick Ball Step**

1 – 2                      Step R fwd, Pivot ½ Turn L (06.00)  
3 & 4                      Step R fwd , Step L next to R, Step R fwd  
5 – 6                      Step L fwd, Pivot ½ Turn R (12.00)  
7 & 8                      Kick L fwd, Step L down , Step R next L

**[9-16] Side Rock Recover, Behind Side Cross, Monterey ½ R , Cross**

1 – 2                      Rock L to L side, Recover on R  
3 & 4                      Step L behind R, Step R to R side, Step L across R  
5 – 6                      Touch R to R side , ½ Turn R step R next to L (06.00)  
7 – 8                      Touch L to L side, Step L across R

**[17-24] Side, Hold & Side, Touch Back, Side , Behind , ¼ L ,Walk Walk**

1 - 2                      Step R to R side, Hold ,  
&3-4                      Step L next to R, Step R to R side, Touch L behind R  
5 -6&                      Step L to L side, Step R behind L, ¼ L step L fwd (03.00)  
7 – 8                      Step R fwd, Step L fwd

**[25-32] Rock fwd, Recover, ¾ With toe struts, Coaster Step**

1 – 2                      Rock R fwd, Recover on L  
3 – 4                      ½ Turn R step on R toe, Drop R heel  
5 – 6                      ¼ Turn L and Step L on L toe , Drop Heel (12.00)  
7 & 8                      Step R back, Step L next to R , Step R fwd \*\*R\*\*

**[33-40] Side, taps x4, Step, Kick Ball Step , Side Rock Recover**

1                              Step L to L side  
2&3&4                      Taps x4 every step little bit further to the Right and last step to the R side  
5 & 6                      Kick L fwd, Step L down , Step R across L  
7 – 8                      Rock L to L side, Recover on R

**[41-48] Lock Steps , Cross Back, ¼ R Side Shuffle**

1&2&                      Step L fwd, Step R behind L, Step L fwd, Step R behind L  
3 & 4                      Step L fwd, Step R behind L, Step L fwd  
5 – 6                      Step R across L, Step L back  
7 & 8                      ¼ R step R to R side, Step L next to R, Step R to R side (03.00)

**[49-56] Sync Lock Steps, Side, ¼ Turn R , Coaster Step, Hitch Out Out**

1-2&                      Step L fwd, Lock R behind L, Step L fwd  
3 – 4                      Step R to R side, make ¼ Turn R on Both Heels (06.00)  
5 & 6                      Step R back, Step L next R, Step R fwd  
7 & 8                      Hitch L, Step L out, Step to R to R side

**[57-64] Swivel ¼ R and back, Sailor step ¼ Turn L , Rocking Chair**

1 – 2                      Swivel on Ball of L and on R Heel ¼ Turn R (09.00) and back to centre (06.00)  
3 & 4                      Step L behind R making ¼ Turn L, Step R to R side, Step L fwd (03.00)

5 – 6            Rock R fwd, Recover on L  
7 – 8            Rock R back, Recover on L

**Restart : During wall 2**

**Dance until count 32, Add '&' count - step L next to R, and start again with count 1.**

**Ending : Last wall dance until count 60 . Instead of the rocking chair. Step R fwd make  $\frac{1}{4}$  L to face the front wall again.**

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