

Get Down

拍數: 48 牆數: 2 級數: Phrased Improver
編舞者: Tina Chen Sue-Huei (TW) - August 2012
音樂: Get Down - Backstreet Boys



Start the dance on the 1st heavy beat (approx 12 sec)
Sequence of dance: AA BB CC/AA BB(TAG)CC/AA BA AB

Tag (32 counts)

- 1,2,3,4 With body shimmy stepping R to the R, cross step L behind R, step R to the R (weight on R), tap L heel to the L
- 5,6,7,8 With body shimmy stepping L to the L, cross step R behind L, step L to the L (weight on L), tap R heel to the R
- 9-16 Same as above procedures (1-8)
- 17,18,19,20 Step R to R side, hold, step L beside R, step R out to R side
21,22,23,24 Rolling body up and down (weight on R)
- 25,26,27,28 Step L to L side, hold, step R beside L, step L out to L side, touch R beside L
29,30,31,32 Rolling body up and down (weight on L)

SECTION A (16 counts)

A1. POINT, TOGETHER, POINT, TOGETHER, WALK R, WALK L, WALK R, WALK L

- 1,2,3,4 Point R toes to R side, step R together, point L toes to L side, step L together
5,6,7,8 Step fwd on R, step fwd on L, step fwd on R, step fwd on L

A2. HEEL, HEEL, TOE, TOE, HEEL, TOE, PIVOT ½ TURN R

- 1,2,3,4 Tap R heel fwd, tap L heel fwd, touch R toes to R side, touch L toes to L side
5,6,7,8 Tap R heel fwd, touch back on R toes, drop R down, pivot ½ turn R stepping L beside R

SECTION B (16 counts)

B1. KICK BALL CHANGE, SIDE, HOLD, TOES BEHIND SIDE CROSS, TOES BEHIND SIDE CROSS

- 1,2,3&4 Kick R fwd, step back on R, step L to R, big step R to R side dragging L, hold
5&6&7&8 Tap L toes behind R, tap R toes to the R, tap L toes over R, tap R toes to the R, tap L toes behind R, tap R toes to the R, tap L toes over R

B2. ROCK RECOVER, BEHIND SIDE CROSS, ½ TURN R, SIDE, CROSS SHUFFLE

- 1,2,3&4 Rock R to R side, recover on L, cross step R behind L, step L to the L, cross step R over L
5,6,7&8 Make a ½ turn R stepping L to the L, step R fwd, cross shuffle on LRL

SECTION C (16 counts)

C1. RUMBA BOX BACK, CLOSE, TOUCH, RUMBA BOX FWD, CLOSE, TOUCH

- 1,2,3,4 Step R to R, step L beside R, step R back, touch L toes beside R
5,6,7,8 Step L to L, step R beside L, step L fwd, touch R toes beside L

C2. WALK R, WALK L, FWD SHUFFLE, FWD, ½ TURN R BACK, COASTER STEP

- 1,2,3,&4 Step R fwd, step L fwd, fwd shuffle on RLR
5,6,7,&8 Step L fwd, make a ½ turn R stepping back on R, coaster step on LRL

Have fun and happy dancing!

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