|  |  |
| --- | --- |
| Get Down |  |

.

|  |
| --- |
| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Darren Bailey (UK) & Lana Williams (UK) - July 2010 |
| **Music:** | 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) |