

Get Down

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Pam Pike (UK)

Musik: Get Down Saturday Night - Oliver Cheatham



SIDE, BEHIND & HEEL & CROSS TWICE

- 1-2 Step right to right side, cross left behind right
&3&4 Step right back, touch left heel forward, step left back, cross right over left
5-6 Step left to left side, cross right behind left
&7&8 Step left back, touch right heel forward, step right back, cross left over right

SIDE ROCK, RIGHT SAILOR, LEFT SAILOR ¼ TURN, STEP ½ TURN

- 1-2 Rock right to right side, recover onto left
3&4 Right sailor (cross right behind left, rock left to left side, recover onto right)
5&6 ¼ turn left sailor (cross left behind right, make ¼ turn left stepping onto right, step left next to right)
7-8 Step forward on right, pivot ½ turn left, weight on left

½ TURNING SHUFFLE, ROCK BACK, LEFT SHUFFLE FORWARD, 2 HALF TURNS

- 1&2 Turning right shuffle (step right foot forward starting to turn left, step left next to right completing ½ turn left, step back on right)
3-4 Rock back on left, recover onto right
5&6 Left shuffle forward (step left foot forward, step right next to left, step left foot forward)
7-8 Full turn forward (step back on right turning ½ left, step forward on left turning ½ left)

SIDE ROCK, BEHIND SIDE CROSS TWICE

- 1-2 Rock right to right side, recover onto left
3&4 Cross right behind left, step left to side, cross right over left
5-6 Rock left to left side, recover onto right
7&8 Cross left behind right, step right to side, cross left over right

REPEAT