

Get Off My Back

Count: 52

Wall: 4

Level:

Choreographer: Kerly Luige (EST) - November 2005

Music: Get Off My Back - Bryan Adams : (Album: Spirit - Stallion of the Cimarron Soundtrack)



Shuffle Forward, Step, Step, Pivot-Turn 1/4-Cross, Step, Behind

- 1&2 Step right forward, step together with left, step right forward
- 3, 4 Step left forward, step right forward
- 5&6 Step left forward, make 1/4 turn to right lifting weight onto right, step left across right foot
- 7, 8 Step right to right side, step left behind right foot

Heel & Knee & Heel & Hitch 1/4 & Side Touch & Side Touch & Heel & 1/4 Turn-Touch

- 1&2& Touch right heel forward, step together with right, bend your left knee in, step together with left
- 3&4& Touch right heel forward, step together with right, hitch left knee up, step together with left making 1/4 turn to left
- 5&6& Touch right toe to right side, step together with right, touch left toe to left side, step together with left
- 7&8& Touch right heel forward, step together with right, step left to left side making 1/4 turn to right, touch right next to left

Side Shuffle, Cross, Step, Sailor-Step, Sailor-Step 1/4

- 1&2 Step right to right side, step together with left, step right to right side
- 3, 4 Step left across right foot, step right to right side
- 5&6 Step left behind right foot, step right to right side, step left to left side
- 7&8 Step right behind left foot, step left to left side, step right forward making a 1/4 turn to right

Forward-Touch-Back-Touch, Shuffle Forward, Pivot-Turn 1/4, Cross & Cross

- 1&2& Step left forward, touch right toe behind left foot, step right back, touch left toe across right foot
- 3&4 Step left forward, step together with right, step left forward
- 5, 6 Step right forward, make 1/4 turn to left lifting weight onto left
- 7&8 Step right across left foot, step left to left side, step right across left foot

Kick-Ball-Touch, Kick-Ball-Touch, Kick-Ball-Touch, Kick-Ball-Touch

- 1&2 Kick left foot forward, ball on left, touch right toe to right side
- 3&4 Kick right foot forward, ball on right, touch left toe to left side
- 5&6 Kick left foot forward, ball on left, touch right toe to right side
- 7&8 Kick right foot forward, ball on right, touch left toe to left side

While doing the kick-ball-touches, move slightly backwards

Knee Turn 1/4, Kick-Ball-Change, Pivot-Turn 1/2, Shuffle 1/2

- 1, 2 Bend your left knee in, push your left knee out making a 1/4 turn to left lifting weight onto left
- 3&4 Kick right foot forward, ball on right, step together with left
- 5, 6 Step right forward, make 1/2 turn to left lifting weight onto left foot
- 7&8 Step right to right side making 1/4 turn to left, step together with left, step right back making 1/4 turn to left

Coaster-Step, Pivot-Turn 1/4

- 1&2 Step left back, step together with right, step left forward
- 3,4 Step right forward, make 1/4 turn to left lifting weight onto left foot

REPEAT

RESTARTS

During the second wall, dance the first 50 counts, then leave out the last 1/4 pivot-turn to left and start the third wall from the top (after the coaster-step).

During the fifth wall, dance the first 44 counts, do the "knee turn 1/4, kick-ball-change" and then start the sixth wall from the top.

Last Update - 2 Apr. 2024 - R1
