

# Get Down (Chomping at the Bit)

**COPPER** **KNOB**  
BY STEPHEN

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Elizabeth Mooney (USA) & Kristin Clove (USA) - April 2024

**Music:** Get Down - Nitty Gritty Gr & SB the Queen



## No Tags or restarts

### S1

1, 2 Walk forward RF walk forward LF  
3&4 RF shuffle forward (get down with it)  
5, 6 LF rock forward, recover RF  
7&8 Coaster LF back RF together LF step forward

### S2

1-2 Cross RF over LF unwind full turn  
3&4 RF kick ball LF point side L  
5, 6 switch point out RF side R,  
& 7-8 step in RF step out LF (body roll or arm punches)

### S3

1-2 slide L  
3-4 Slide R  
5-6 R heel jack, L heel jack  
7&8 tap RF forward, kick RF accross LF 1/4 turn L, RF lands side right

### S4

1-2 jump forward (get down)  
3-4 jump back (get down)  
5, 6, 7, 8 RF Paddle 4 times full turn over left shoulder.

**Last Update: 13 Apr 2024**

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