

Get Rhythm

Count: 68

Wall: 2

Level: Intermediate/Advanced

Choreographer: Ian St. Leon (AUS)

Music: Get Rhythm - Little Richard



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|----------|---|
| &1-2-3-4 | Step right to right side, step left to left side (taking weight), cross right over left, unwind ½ turn to left, hold |
| 5&6-7&8 | Left sailor step (left-right-left), right sailor step (right-left-right) |
| 1-2-3&4 | Rock forward left, rock back right, turn ½ left & shuffle forward left (left-right-left) |
| 5-6-7-8 | Step forward right bump hips right-right, bump hips left-left |
| 1&2&3-4 | Right heel forward at right 45 degrees, step right together, left heel forward at left 45 degrees, step left together, 2 right heels forward at right 45 degrees |
| &5&6&7-8 | Step right together, left heel forward at left 45 degrees, step left together, right heel forward at right 45 degrees, step right together, 2 left heels forward at left 45 degrees |
| &1-2-3-4 | Step left together, rock forward on right, rock back on left, turn ¼ right step right forward, scuff left |
| 5-6-7-8 | Step left forward, lock right behind left, step left forward, turn ½ left on left foot |
| 1-2-3-4 | Step right forward, lock left behind right, step right forward, step left together (taking weight) |
| 5-6-7-8 | Kick right forward, bring right back as you turn ½ to right on left, kick right forward, step forward on right |
| 1-2-3-4 | Kick left forward, bring left back as you turn ¼ to left, kick left forward, step left together |
| 5-6-7-8 | Twist both heels out, twist both toes out, 2 heel bounces |
| 1-2-3-4 | Step back on left behind right, kick right forward at right 45 degrees, step back on right behind left, kick left forward at left 45 degrees |
| 5-6-7-8 | Cross left over right, kick right forward at right 45 degrees, cross right over left, kick left forward at left 45 degrees |
| 1-2-3-4 | Turn ¼ left step left back across right, step back right, step left back across right, step back on right |
| 5-6-7-8 | Step left back, step right together, step forward left, step forward right |
| 1-2-3-4 | Turn ¼ left twist heels right, twist heel left, twist heels to center, touch right together |

REPEAT

RESTARTS

At the end of walls 2 & 6 simply omit the heel twists at the end of the dance. Turn the ¼ left and touch the right together on & count, restart to new wall