

# Get Me Down

Count: 24

Wall: 4

Level: Beginner

Choreographer: Hannah Harrison (UK) - February 2010

Music: Pencil Full of Lead - Paolo Nutini



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## 24 count intro (Start on vocal count 4)

### Heel Grind, Behind Side, Heel And Heel, Rock And Kick And Kick And Kick And.

- 1&2& Cross R heel in front of left and step L out to L side. Step R behind L, step L-to-L side.  
3&4& Cross R heel in front of L, step L-to-L side, Cross R heel in front of L, step L-to-L side  
5&6& Rock back on R recover on L, kick R foot forward and step down onto it, kick L foot forward and step onto it, kick R foot forward and step down onto it.

### Rock And Rock And, Fwd ½ Turn, Jump Out Jump In, 1/4 Left Jump Out Jump In

- 1&2& Rock forward L recover R, Rock back L recover R,  
3&4 Step forward L half turn over R shoulder step forward L,  
&5&6 Jump out R L jump in R L,  
&7&8 while making a ¼ turn left jump out R L, Jump in R L

### Charleston, X4 ¼ Turns

- 1,2,3,4 Point R foot forward, step back R, point L foot back, step forward  
5&6&7&8& Step forward R pivot a ¼ L, Step forward R pivot a ¼ L, Step forward R pivot a ¼ L, Step forward R pivot a ¼ L.

Enjoy !

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