Count: 32
Wall: 4
Level: Beginner
Choreographer: Lisa M. Johns-Grose (USA) - May 2013
Music: Get Down - The Lacs

## STOMP - HEEL- HEEL- HEEL- REPEAT

1-4 Stomp right forward, keeping toe in place tap right heel, tap heel, tap heel stepping weight down on right.
5-8 Stomp left forward, keeping toe in place tap left heel, tap heel, tap left heel stepping weight down on left.

R DIAG. STEP FWD -TOUCH- BACK HEEL - STEP-SLIDE-STEP-TOUCH
1-4 Step right diagonal forward, touch left next to right, step left diagonal back, touch right heel diagonal forward.
5-8 Step right diagonal forward, slide left next to right, step right diagonal forward, touch left next to right.

L DIAG. STEP FWD -TOUCH- BACK HEEL- STEP-SLIDE-STEP-TOUCH
1-4 Step left diagonal forward, touch right next to left, step right diagonal back, touch left heel diagonal forward.
5-8 Step left diagonal forward, slide right next left, step left diagonal forward, touch right next to left.

R SCISSORS - HOLD- VINE LEFT $1 / 4$ LEFT-SCUFF
1-4 Step right to right, step left next to right, step right across left, hold
5-8 Step left to left, step right behind left, step left $1 / 4$ turn left, scuff right.

BEGIN AGAIN !
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