Get This Party Started



编舞者: Ed Royko (USA) - December 2017

音乐: Get the Party Started - P!nk



FORWARD JUMPS with clap

&1-2	Jump forward on right, step left foot next to right, clap
&3-4	Jump forward on right, step left foot next to right, clap
&5-6	Jump forward on right, step left foot next to right, clap
&7-8	Jump forward on right, step left foot next to right, clap

DIAGONAL BACKWARDS with clap/SAILOR 1/4 TURN

1-2	Step right foot diagonally back to the right, clap
3-4	Step left foot diagonally back to the left, clap
5-6	Step right foot diagonally back to the right, clap

7&8 Step left foot behind right, turn ¼ turn counterclockwise on right, step left foot next to right

BOX STEP

Step right foot to the right, step left foot next to right foot, step right foot forward, hold Step left foot to the left, step right foot next to left foot, step left foot back, hold

ROCK, RECOVER, CROSS, HOLD

Step right foot to the right, step left foot next to right foot, cross right foot over left foot, hold Step left foot to the left, step right foot next to left foot, cross left foot over right foot, hold

REPEAT

Contact: prok9guy@gmail.com