

Get Down With It

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: William Sevone (UK) - March 2021
音乐: Get Down With It - Little Richard : (The Okeh Sessions - Amazon)



Choreographers note:- The dance is as fluid as the music, the dancer needs to become the same for it to look and feel right.. Just relax and go with the flow n vibe. BONUS counts on Walls 3-4-5 - read notes. Ad-lib the intro.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance phasing:- 48 - 48 - 44+10 - 44+8 - 44+10 - 48 - 48 - 48

Dance starts when he sings the word 'with' at 17 seconds ..I said get down WITH it..'

Side Rock. Recover. 1/8th Slow Sailor. 1/8th Modified Slow Sailor (3.00).

- 1 - 2 Rock right to right side. Recover onto left.
- 3 - 4 Step right behind left. Step left next to right
- 5 Step right to right side - turning 1/8th left.
- 6 - 7 Step left behind right. Step right next to left
- 8 Turn 1/8th left (3) & step slightly forward onto left.

Triple Rock. Fwd. 1/2 Right. Triple Rock (9.00)

- 9 - 10 turning upper body slightly left - Rock forward onto right. Rock backward onto left.
- 11 - 12 Recover onto right. Step forward onto left
- 13 - 14 Pivot ½ right (9) - changing weight to right. Turning upper body slightly right - Rock forward onto left.
- 15 - 16 Rock backward onto right. Recover onto left.

1/4 Side. 3/4 Forward. Walk Fwd: R-L. Flick Kick. Walk Bwd: R-L-R (9.00)

- 17 - 18 Turn ¼ left (12) & step right to right side. Turn ¾ left (9) & step forward onto left.
- 19 - 20 Walk forward: Right-Left.
- 21 - 22 Flick kick right forward. Step backward onto right.
- 23 - 24 Walk backward: Left-Right

1/2 Fwd. Walk Fwd: R-L. Flick Kick. Walk Bwd: R-L. 1/4 Step Rock. Diag Step Fwd. (12.00)

- 25 - 26 Turn ½ left & step forward onto left. Step forward onto right.
- 27 - 28 Step forward onto left. Flick kick right forward.
- 29 - 30 Walk backward: Right-Left
- 31 - 32 Turn ¼ right & rock step right to right side. Step left foot slightly diag forward left.

6x Diagonal Skater. Step Diag. Left. Cross (12.00)

- 33 turning body to right - Turn diag right on ball of left foot - whilst stepping slightly diag forward right on right foot.
- 34 turning body to left - Turn diag left on ball of right - whilst stepping slightly diag forward left on left foot.
- 35 turning body to right - Turn diag right on ball of left foot - whilst stepping slightly diag forward right on right foot.
- 36. turning body to left - Turn diag left on ball of right - whilst stepping slightly diag forward left on left foot.
- 37 turning body to right - Turn diag right on ball of left foot - whilst stepping slightly diag forward right on right foot.
- 38. turning body to left - Turn diag left on ball of right - whilst stepping slightly diag forward left on left foot.
- 39 - 40 Step right diagonally forward left. Cross left over right.

Walk Bwd: R-L-R-L. 2x Toe Touch. 1/4 Side. Cross (3.00)

41 - 44 Walk backward: Right-Left-Right-Left.

[ON WALLS 3 - 4 - 5 perform the extra counts below. Walls 1 - 2 - 6 - 7 - 8 CONTINUE with Counts 45 - 48]

45 - 46 turning upper body slight to left - Touch right toe forward twice.

47 - 48 Turn ¼ right (3) & step right to side. Cross left over right.

BONUS COUNTS - WALL THREE (facing 6)

1 - 10 Stepping right foot next to left & slow turn ¼ right - Clap hands 10 times from side to side as you turn.

BONUS COUNTS - WALL FOUR (facing 12)

1 - 8 Stepping right foot next to left & slow turn ¼ right - Snap/click fingers 8 times from side to side as you turn

BONUS COUNTS - WALL FIVE (facing 3)

1 - 10 Stepping right foot next to left & slow turn ¼ right - lightly stamp you feet side to side 10 times as you turn

On All 'Bonus Counts' The Turn Starts With The Right And Ends With The Weight On The Left.
