Get Rythm

拍数: 34   **墙数:** 4   **级数:** Novice

编舞者: Jp Barrois (FR) - August 2023

音乐: Get Rhythm - Alex Klein

The dance begins after 16 counts, the singer gives the start "One two three four..."

[1-8] R Scuff , R Step forward, Shuffle forward twice L and R, L Rock forward

1-2	Scuff R – Step R forward (12:00)
3&4	Step L forward - Step R next L – Step L forward (12:00)
5&6	Step R forward – Step L next R - Step R forward (12:00)
7-8	Rock L forward – Recover on R (12:00)

[9-16] L Coaster step, R Rock forward, R Side Shuffle ¼ R, L Cross Shuffle

1&2	Step L back - Step R next L – Step L forward (12:00)

Restart on 9th wall to 12:00

3-4	Rock R forward – Recover on L (12:00)
5&6	Step R ¼ to R - Step L next R – Step R to R (3:00)
7&8	Cross L over R – Step R next L - Cross L over R (3:00)

[17-24] R Side Rock , L Side Rock , R Rock forward , L Rock forward

1-2	Rock R to R – Recover on L (3:00)
&3-4	Step R next R – Rock L to L – Recover on R (3:00)
&5-6	Step L next R - Rock R forward – Recover on L (3:00)
&7-8	Step R next L– Rock L forward – Recover on R (3:00)

[25-32] L Coaster step, R Step Turn ¼ to L, R Cross Shuffle , L Shuffle forward ¼ L

1&2	Step L back – Step R next L – Step L forward (3:00)
3-4	Step R forward – Turn ¼ L and weight on L (12:00)
5&6	Cross R over L – Step L next R – Cross R over L (12:00)
7&8	Step L ¼ to L – Step R next L – Step L forward (9:00)

Restart on 3rd and 7th walls to 3:00 and on10th wall to 9:00

[33-34] R Kickball Step

1&2	Kick R forward - Step R next L – Step L forward

Final on count 16 when music stops to 12:00

Stepsheet in English and French on Copperknob and Video of the dance available on Youtube

Last Update - 17 Sept. 2023 - R1