

Get Down On It

拍数: 32 墙数: 4 级数: Beginner
编舞者: Paul Birbaumer (AUT) - May 2025
音乐: Get Down On It - Kool & The Gang



Intro: 48 Counts Intro

Step Touch, Step Touch, Step Touch, Coaster Step

- 1,2 Step R diagonal forward, Touch L next to R
- 3,4 Step L diagonal forward, Touch R next to L
- 5,6 Step R diagonal back, Touch L next to R
- 7&8 Step L back, Step R together, Step L forward

Step, Heel Bounce 3x ¼ Turn, Sailor Step, Skate, Skate

- 1 Step R forward
- 2-4 Raise your heels and bring it down 3 times, while turning ¼ Turn L (9:00) weight is on the R
- 5&6 Step L behind R, Step R together, Step L Side
- 7 8 Skate R, Skate L (while skating you can hit a Disco – John Travolta Pose with your arms)

Shuffle 2x (rolling hands), Jazz Box, Touch

- 1&2 Step R diagonal forward, Step L next to R, Step R diagonal forward (roll your hands in shuffle)
- 3&4 Step L diagonal forward, Step R next to L, Step L diagonal forward
- 5,6 Cross R over L, Step L back
- 7,8 Step R Side, Touch L next to R

Rolling Vine, Slide, Drag, Shake, Shake

- 1,2 Step L forward ¼ Turn L, Step R backwards ½ Turn L
 - 3,4 Step L side ¼ Turn L, Touch R next to L
 - 5,6 Big Step R, Drag L next to R
 - 7,8 Shake your upper body/shoulders (weight is on the L to start again with the R)
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