

Get On Down

拍数: 32 墙数: 4 级数: Improver
编舞者: Kathy Sharpe-Arrant (USA)
音乐: Get Down Tonight - KC and the Sunshine Band



STEP RIGHT, LEFT TOGETHER, STEP RIGHT, TOUCH LEFT, STEP LEFT, RIGHT TOGETHER, ¼ LEFT, TOUCH RIGHT

- 1-4 Step right foot to right, step left foot next to right, step right foot to right, touch left toe next to right
- 5-8 Step left foot to left, step right foot next to left, step ¼ turn left onto left foot, touch right toe next to left

STEP RIGHT, TOUCH LEFT, HOLD, HIP SHAKE, STEP LEFT, TOUCH RIGHT, HOLD, HIP SHAKE

- 1-3 Step to right on right foot, touch left toe next to right, hold
- &4 Move hips to left, move hips to right with weight still on right
- 5-7 Step to left on left foot, touch right toe next to left, hold
- &8 Move hips to right, move hips to left with weight still on left

DIAGONAL STEP TOUCHES BACK (RIGHT, LEFT) ¼ TURN RIGHT, TOUCH, ¼ TURN RIGHT, TOUCH RIGHT TOE OUT TO RIGHT

- 1-4 Step back on a diagonal on right, touch left toe next to right, step back on a diagonal on left, touch right toe next to left
- 5-8 Step ¼ turn right on right, touch left toe next to right, step left foot ¼ turn right, touch right toe out to right side keeping heel off the floor (feet should be shoulder width apart and body at a diagonal angle to the left)

HIP MOVEMENTS (DOWN AND UP), HOLD, HIP BUMPS (RIGHT, LEFT), HIP MOVEMENTS (DOWN AND UP), HOLD, HIP BUMPS (RIGHT, LEFT)

- &1&2-3 Thrust hips forward bending knees, thrust hips back, thrust hips forward straightening knees, thrust hips back, hold
- &4 Bump right hip to right (while bringing left shoulder up), bump left hip to left (while bringing right shoulder up)
- &5&6-7&8 Repeat &1&2-3&4 above

REPEAT
