

# Get Down

拍数: 32      墙数: 4      级数: Improver  
编舞者: Minna Liljamo (FIN)  
音乐: Get Down - Backstreet Boys



## MODIFIED GRAPEVINE, MAMBO STEP, TOE BACK, ½ TURN

1-2            Step right side, step left behind  
3&4            Shuffle to right side right-left-right  
5&6            Step left forward, step right in place, step left back  
7-8            Touch right toe back, step right heel down turning ½ right

## ROCK STEP, BEHIND-SIDE-CROSS, ROCK STEP, BEHIND TURN STEP

1-2            Rock left side, step right in place  
3&4            Step left behind right, step right side, step left across right  
5-6            Rock right side, step left in place  
7&8            Step right behind left, step left side turning ¼ left, step right forward

## KICK-STEP-STEP, HEEL BOUNCES WITH ¼ TURN, TOE SIDE TOUCHES, HITCH

1&2            Kick left forward, step left forward, step right forward  
3&4            Bounce both heels off floor three times, gradually turning ¼ left (weight ending on right)  
5&            Touch left toe left side, step left beside right  
6&            Touch right toe right side, step right beside left  
7&8            Touch left toe left side, hitch left knee beside right, touch left toe left side

## KNEE ROLL WITH ¼ TURN TOE TAP, SHUFFLE FORWARD, ½ PIVOT, FULL TURN STEPS

1-2            Roll left knee left turning ¼ left, tap left toe in place (weight ending on right)  
3&4            Shuffle forward left-right-left  
5-6            Step right forward, pivot ½ turn left  
7-8            Step right forward turning ½ left, step left back turning ½ left

Optionally just walk forward right-left

REPEAT

---