

# Get Down On It

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Paul Birbaumer (AUT) - May 2025  
音樂: 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)
-