

Get Down

Choreograph: Darren Bailey and Lana Williams
Counts: 32 Counts
Walls/Level: 4 walls/Improver
Music: Get down on it (Kool and the gang)

Slide R, heel bounces x2, slide L, Kick ball step

- 1 – 2. Take a big step to R side with Rf, touch Lf next to Rf
- 3 – 4. Bounce both heel into the floor x2 (bending at the knees)
- 5 – 6. Take a big step to L side with Lf, touch Rf next to Lf
- 7 & 8. Kick Rf forward, step Rf next to Lf, step forward onto Lf

Step forward, heel swivel turn ½, L coaster step, walks x2, Forward clap, behind clap,

- 1 & 2. Step forward onto Rf, twist L heel towards R heel making a ¼ turn L (weight ends on Lf), make a ¼ turn L twisting R heel backwards (weight ends on Rf)
- 3 & 4. Step back on Lf, close Rf next to Lf, step forward onto Lf
- 5 – 6. Step forward on Rf, step Forward on L
- 7 – 8. Touch R heel forward whilst clapping hands in front, touch R toe back whilst clapping hands behind your body

Forward Shuffle R, step ¼ turn L, Heel, toe, Heel, toe

- 1 & 2. Step forward on Rf, close Lf behind Rf, step forward on Rf
- 3 – 4. Step forward on Lf, make a ¼ turn R (weight ends on Rf)
- 5 – 6. Touch L heel forward across Rf, touch L toe to L side
- 7 – 8. Touch L heel forward across Rf, touch L toe to L side

Step, touch R, step, touch L, L sailor Step, cross behind, Jump out, in

- 1 – 2. Step Lf across Rf, touch Rf to R side
- 3 – 4. Step Rf across Lf, touch Lf to L side
- 5 & 6 &. Step Lf behind Rf, step Rf to R side, step Lf to L side, Step Rf behind Lf
- 7 – 8. Jump out with both Feet (dropping down slightly), jump both feet together (weight ends on Lf)