

# Get Back

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**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Sebastiaan Holtland (NL) Oct '07

**Music:** Get Back by Britney Spears

**Start the dance facing 12 O Clock Intro 16 count after that vocal says 'one, two, three, four'**

**(1-8) BROOKLYN UP ROCK, HITCH, STEP 1/4 TURN, TOGETHER, 2X PUMP BODY FWD**

- 1-2**            Rf jump forward, Rf jump back and kick Lf forward (12:00)
- 3&4**            Lf step back in center, Rf kick forward, Lf kick forward, Rf make a hitch with R knee
- 5-6**            Rf step to the right, Lf step next to Rf weight onto both feet (3:00)

**7&8 2x pump with your body forward and lift your both toes up and step back in center (3:00)**

**(9-16) SAILOR STEP, SAILOR STEP, SAILOR CROSS, 1/2 TURN, STOMP**

- 1&2**            Rf step behind Lf, Lf step to the left, Rf step to the right (3:00)
- 3&4**            Lf step behind Rf, Rf step to the right, Lf step to the left weight onto Lf (3:00)
- 5&6**            Rf step behind Lf, Lf step to the left, Rf step across Lf weight onto both feet (3:00)
- 7&8**            Rf+Lf 1/2 turn left, Lf stomp next Rf take weight onto Lf (9:00)

**(Option: when you stomp, you can't move your shoulders if you want)**

**(17-24) PUSH STEP SIDE, 2X BODY PUMP FWD, SIDE STEP 1/4 TURN, TOGETHER, PUSH STEP SIDE, 2X BODY PUMP FWD, SIDE STEP 1/4 TURN, TOGETHER,**

- 1&2**            Rf step on toe to the side, 2x pump with your body forward holding weight onto Rf
- &3-4**            Take weight back on Lf, Rf step to right with 1/2 turn right, Lf step next Rf weight onto Lf (3:00)
- 5&6**            Rf step on toe to the side, 2x pump with your body forward holding weight onto Rf
- &7-8**            Take weight back on Lf, Rf step to right with 1/2 turn right, Lf step next Rf weight onto Lf (9:00)

**(25-32) SIDE STEP, 1/4 TURN HITCH, SHUFFLE FWD, 1/4 SIDE LUNGE, HOLD STEP CENTER, SNAKE ROLL LEFT, TAP TOGETHER**

**1-2** Rf step to the right, 1/4 turn left and make a hitch with your L knee (6:00)

**3&4** Lf step forward, Rf close behind Lf, Lf step forward weight onto Lf

**5-6 1/4 turn left and Rf step out in a lunge position, HOLD (3:00)**

**&7-8** Lf take weight back, and make a snake roll to the left, Rf tap next Lf weight onto Lf (3:00)

**REPEAT AND HAVE FUN!**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=73817](https://www.linedance.com/index.php?f=dance_view&id=73817)