

# Get Down On It 2011

LINEDANCE.COM

**Count:** 64

**Wall:** 4

**Level:** Beginner / Intermediate

**Choreographer:** Nancy Lee

**Music:** Get Down by Blue (90bpm) CD: One Love

## Intro : 48 Count - Start On " Get Down On It "

### SECTION 1: Hips Thrust Right (Lift & drop) , Hitch, Full Turn Right, Right Shuffle Forward

**1-2-3-4** Have weight on L , point R forward & hip lift (1) , drop hip (2), hip lift (3), Hitch on R (4)

**5-6** Full turn R, Step R forward (5) , turning R step back L and make R full turn(Spiral ) (6) [ 12:00]

#### 7&8R Shuffle Forward

### SECTION 2: Hips Thrust Left (Lift & drop) , Hitch, Full Turn Left , Left Shuffle Forward

**1-2-3-4** Have weight on R , point L forward & hip lift (1) , drop hip (2), hip lift (3), Hitch on L (4)

**5-6** Full turn L, Step L forward (5) , turning L step back R and make L full turn(Spiral ) (6) [ 12:00]

#### 7&8R Shuffle Forward

### SECTION 3: Cross Over , Point To Side , Shoulder Up & Down, Cross Behind, Point To Side , Knees Bend Up & Down

**1-2** Right cross over left, point left to left side

**3-4** Bringing left shoulder up (with weight ) , drop shoulder down (with weight)

**5-6** Left cross behind right, point right to right side

**7-8** Bending knees down then up ( look Left , look Front )

### SECTION 4: Forward Rock, Coaster Step, Forward Rock, Triple $\frac{3}{4}$ Turn Left

**1-2** Rock forward on right, recover onto left

**3&4** Step back on right, step left beside right, step forward on left

**5-6** Rock forward on left, recover onto right

**7&8** Triple  $\frac{3}{4}$  turn left stepping left, right, left ( now facing 3:00 )

**\*\*\*RESTART HERE**

### **SECTION 5: Toe Touches With Cross( Right & Left )**

- 1-4** Touch right toe to right side, kick right foot across left, touch right toe to right side, cross right foot in front of left ( with weight )
- 5-8** Touch left toe to left side, kick left foot across right, touch left toe to left side, cross left foot behind right ( with weight )

### **SECTION 6: Hips Bump Right , Hips bump Left , Paddle Full turn Left**

- 1&2** Step forward right diagonally ,hips bump right, left, right
- 3&4** Step forward left diagonally, hips bump left, right, left
- 5-8¼ Left Paddle Full turn, point R to Side turning L quarterly**

### **SECTION 7: Step To side , Cross Point Behind , Step to Side, Cross point Behind**

- 1-2** Step right to right side, Cross Point L behind R
- 3-4** Step Left to Left side, Cross Point R behind L
- 5-6** Step right to right side, Cross Point L behind R
- 7-8** Step Left to Left side, Cross Point R behind L

**( For steps : 3-8 ~ ~ Travelling backward gradually )**

### **SECTION 8: Rocking Chair, Pivot ½ Turn Left Twice**

- 1-4** Rock forward on right, rock back on left, rock back on right, rock forward on left
- 5-8** Step forward on right, pivot ½ turn left, step forward on right, pivot ½ turn left

**Begin & have fun !!**

**RESTARTS:**

**\*\*\*On wall 3, after 32 count (triple ¾ turn left, facing 9:00) Restart**

**\*\*\*On wall 6, after 32 count (triple ¾ turn left, facing 6:00) Restart**

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**Revised - March 2011**