

Get Your Feet Off The Ground

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Count: 32

Wall: 2

Level: Improver / Intermediate

Choreographer: Jean Beets & Rens Koning (07/2015)

Music: Kee's Plat - Get Your feet Off The Ground

Walk 2 steps forward, 3 fast steps forward, step Hitch (2X), Scissor Step

1,2 Step forward RF-LF

3&4 Steps forward RF-LF-RF

5&6&LF step forward with 1/4 Turn right, Hitch right knee, Step RF forward with 1/4 Turn right, Hitch left knee (6:00)

7&8LF side step, close RF next to LF, Cross LF over RF

Kick, walk back (2X), Hip Bumps, Heel bounces with 1/4 turn, Coaster Step

1&2&RF kick forward, RF step back, LF kick forward, LF Step back

3&4RF step forward with hip bump, hip bump back on left, hip bump back on right

5&6 Heel bounces (3 X) with 1/4 turn left (3:00)

7&8LF step back, RF close next to LF, LF step forward

Step,Close, swivel , Rumba box

1,2RF Step forward, LF close next to RF

3&4 Both heels turn to right, both toes turn to the right, both heels turn to the right

5&6RF step to right, LF close next to right, RF step forward

7&8LF step to the left, RF close next to LF, LF step back

Samba steps backwards (2X), Walk with 3/4 turn

1&2RF cross over LF, LF step back, RF close next to LF

3&4LF cross over RF, RF step back, LF close next to RF

5,6,7,8 Walk RF-LF-RF-LF with 3/4 turn left (6:00)

Repeat from the start

Tag: At the end of wall 2 and wall 4:

Cross mambo steps (2X)

1&2RF Cross rock over LF, weight back on LF, RF close next to LF

3&4LF cross rock over RF, weight back on RF, LF close next to RF

Last Update - 31st July 2015