

Get Down

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Count: 32 **Wall:** 4 **Level:** Beginner / Intermediate

Choreographer: Darren Bailey & Lana Williams (July 10)

Music: Get Down On It by Kool & 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 1/2, L Coaster Step, Walks X2, Forward Clap, Behind Clap

- 1&2** Step forward onto Rf, twist L heel towards R heel making a 1/4 turn L (weight ends on Lf), make a 1/4 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 1/4 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 1/4 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)