

# GET RHYTHM

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**Count:** 68

**Wall:** 2

**Level:** intermediate/advanced

**Choreographer:** Ian St. Leon

**Music:** Get Rhythm by Little Richard

**&1-2-3-4** Step right to right side, step left to left side (taking weight), cross right over left, unwind  $\frac{1}{2}$  turn to left, hold

**5&6-7&8** Left sailor step (left-right-left), right sailor step (right-left-right)

**1-2-3&4** Rock forward left, rock back right, turn  $\frac{1}{2}$  left & shuffle forward left (left-right-left)

**5-6-7-8** Step forward right bump hips right-right, bump hips left-left

**1&2&3-4** Right heel forward at right 45 degrees, step right together, left heel forward at left 45 degrees, step left together, 2 right heels forward at right 45 degrees

**&5&6&7-8** Step right together, left heel forward at left 45 degrees, step left together, right heel forward at right 45 degrees, step right together, 2 left heels forward at left 45 degrees

**&1-2-3-4** Step left together, rock forward on right, rock back on left, turn  $\frac{1}{4}$  right step right forward, scuff left

**5-6-7-8** Step left forward, lock right behind left, step left forward, turn  $\frac{1}{2}$  left on left foot

**1-2-3-4** Step right forward, lock left behind right, step right forward, step left together (taking weight)

**5-6-7-8** Kick right forward, bring right back as you turn  $\frac{1}{2}$  to right on left, kick right forward, step forward on right

**1-2-3-4** Kick left forward, bring left back as you turn  $\frac{1}{4}$  to left, kick left forward, step left together

**5-6-7-8** Twist both heels out, twist both toes out, 2 heel bounces

- 1-2-3-4** Step back on left behind right, kick right forward at right 45 degrees, step back on right behind left, kick left forward at left 45 degrees
- 5-6-7-8** Cross left over right, kick right forward at right 45 degrees, cross right over left, kick left forward at left 45 degrees
- 1-2-3-4** Turn  $\frac{1}{4}$  left step left back across right, step back right, step left back across right, step back on right
- 5-6-7-8** Step left back, step right together, step forward left, step forward right
- 1-2-3-4** Turn  $\frac{1}{4}$  left twist heels right, twist heel left, twist heels to center, touch right together

**REPEAT**

**RESTARTS**

**At the end of walls 2 & 6 simply omit the heel twists at the end of the dance. Turn the  $\frac{1}{4}$  left and touch the right together on & count, restart to new wall**