

GET DOWN

Choreographer: Darren Bailey & Lana Williams

Description: 32 counts, 4 walls, Improver Line Dance

Music: *Get Down On It* by Kool & The Gang

Intro: 16 counts (00:09)

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 on L), 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)

REPEAT