

Get on Down

Choreographer: Rob Fowler, 32 Count 4 walls Intermediate

Music: Now You Know By Miss Eighty 6

Walk, Walk, Kick ball Step, 1/4 turn right knee roll, Left knee roll, sailor 1/4 turn

- 1,2 Walk forward right, walk forward left
- 3&4 Kick right foot forward, step right next to left, step forward on to left
- 5,6 1/4 turn to right rolling right knee clockwise, roll left knee anti clockwise
- 7&8 Step right foot behind left, step left slightly to left side, 1/4 turn right long step forward onto right foot

Dip 1/4 turn right, 1/2 turn right stepping right to right side, left kick and cross, syncopated monetary turn

- 1,2 1/4 turn to right stepping left next to right bending both knees, 1/2 turn right on ball of left foot stepping right to right side
- 3&4 Kick left foot across right foot, step down onto left, touch right to right side
- 5&6 Full turn right stepping right next to left, rock left to left side, rock right to right side
- 7&8& Cross left foot over right foot, Rock right foot to right side, 1/4 turn left stepping onto left foot, 1/4 turn to left stepping right to right side

Together sweep, cross, side, behind 1/4 step, step 1/2 pivot turn left, brush out out

- 1,2 Step left next to right foot as you sweep right foot across left foot (done in 1 count), step down onto right foot
- 3&4 Step left to left side, cross right behind left, 1/4 turn left stepping forward onto left
- 5,6 Step forward onto right foot, 1/2 pivot turn left
- 7&8& Brush right forward, step right out to right side, step left out to left side and step right next to left

Left across, right side, left sailor 1/4 turn, 1/4 turn left hitch, hip bumps with 1/4 turn left, left coaster step

- 1,2 Cross left over right foot, step right to right side
- 3&4& Step left behind right foot step right slightly to right side, 1/4 turn to left stepping on left foot forward, 1/4 turn to left hitching right knee
- 5&6 Step right foot to right side bumping hip to the right, bump hip to left, 1/4 turn to left pushing right hip back
- 7&8 Step back onto left, step right next to left, step forward onto left