



Get Down

64 count, 4 wall, Intermediate level

Choreographer : Keith Cross (UK)

Choreographed to: Get Down (You're The One For Me) (Pop)
by The Backstreet Boys – After intro Start on count 32,
(Country) Buck These Haggard Blues by Big House
(Preferred 1st choice), (Country) Two Of A Kind by Garth
Brooks – Start on count 16 (Country) My Kind Of Girl by
Colin Raye – Start on count 64
E-mail: hotdogsncoolcats@ic24.net

HIP BUMPS, FULL TURN RIGHT with TOE TOUCHES & CLICKS

- 1 & 2 Stepping right foot diagonally back right, bumping right hip back, forward, back
- &3&4 Bump hips forward, back, forward, back (weight now on ball of right)
- 5 - 8 Touch left toe to left side, turn ¼ turn right, Repeat three more times (weight on right on count 8) (Optional finger clicks)

HIP BUMPS, FULL TURN LEFT with TOE TOUCHES & CLICKS

- &1&2 Stepping left foot diagonally forward left, bumping left hip forward, back, forward
- &3&4 Bump hips back, forward, back, forward (weight now on ball of left)
- 5 - 8 Touch right toe out to right side, turn ¼ turn left Repeat three more times (weight on right on count 8) (Optional finger clicks)

L CROSS ROCK, TOG. R CROSS ROCK, TOG. CROSS BEHIND, UNWIND ½ TURN LEFT, HEEL JACK

- 1 & 2 Cross left over right, Recover weight onto right, Step left to left side
- 3 & 4 Cross right over left, Recover weight onto left, Step right to right side
- 5 - 6 Cross step left behind right, Unwind ½ turn left (weight on left)
- &7&8 Step right diagonally back right, Touch left heel forward, Step left to place, Touch right beside left

STOMP RIGHT FWD, STOMP LEFT FWD, LEFT APPLEJACK, RIGHT APPLEJACK

- 1 - 2 Stomp right forward, Stomp left forward next to right
 - & 3 With weight on L heel & R toe, swivel L toe to left side & R heel to left side, Bring L toe & R heel back to place
 - & 4 With weight on L toe & R heel, swivel L heel to right side & R toe to right side, Bring L heel & R toe back to place
 - 5 - 6 Stomp right forward, Stomp left forward next to right
 - &7&8 Repeat &3&4 of this section
- OPTION: Stomp R then L, Swivel both heels left, right, centre, Stomp R then L, Swivel both heels left, right, centre

RIGHT KICKBALL TOUCH, ¼ TURN LEFT with HEEL BOUNCES, CROSS-BACK-SIDE, SCUFF, SIDE, STOMP

- 1 & 2 Kick right foot forward, Step right to place, Touch left toe to left side
- 3 & 4 Turn ¼ left bouncing both heels twice, click fingers on count 4 (weight on right)
- 5 & 6 Cross left over right, Step back on right, Step left to left side
- 7 & 8 Scuff right heel forward, Step right to right side, Stomp left beside right (weight on left)

SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, LEFT SAILOR STEP

- 1 - 2 Rock right to right side, Recover weight onto left
- 3 & 4 Cross step right over left, Step left to left side, Cross step right over left
- 5 - 6 Rock left to left side, Recover weight onto right
- 7 & 8 Left sailor step

RIGHT FWD ROCK, RECOVER, ½ TURN RIGHT SHUFFLE, FULL TURN RIGHT, LEFT

SHUFFLE FORWARD

- 1 - 2 Rock right forward, Recover weight onto left
- 3 & 4 Right ½ turn shuffle stepping on R L R
- 5 - 6 Turn full turn right, stepping on left, right (or walk forward on left, right)
- 7 & 8 Left shuffle forward on L R L

RIGHT SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK with ½ TURN RIGHT, LEFT CROSS SHUFFLE

- 1 - 2 Rock right to right side, Recover weight onto left
- 3 & 4 Cross step right over left, Step left to left side, Cross step right over left
- 5 - 6 Step left to left side, Turn ½ turn right stepping right to right side
- 7 & 8 Cross step left over right, Step right to right side, Cross step left over right

START AGAIN.....

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