

Get On Down

32 Count, 4 Wall, Beginner

Choreographer: Rob Fowler (UK) Feb 2010

Choreographed to: Now You Know by Miss Eighty 6;

On Fire by Lloyd Banks

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- Walk, Walk, Kick Ball Step, ¼ Turn Right Knee Roll, Left Knee Roll, Sailor ¼ Turn**
- 1,2 Walk forward right foot, walk forward left foot
3&4 Kick right foot forward, step right next to left, step forward onto left
5,6 ¼ 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, ¼ turn right long step forward onto right
- Dip ¼ Turn Right, ½ Turn Right Stepping Right To Right Side, Left Kick And Cross, Syncopated Monterey Turn**
- 1,2 ¼ turn to right stepping left next to right bending both knees,
½ turn right on ball of left foot stepping right to right side
3&4 Kick left foot across right foot, step down onto left foot, 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, ¼ turn to left stepping onto left foot,
¼ turn to left stepping right to right side
- Together Sweep, Cross, Side, Behind ¼ Step, Step ½ Pivot Turn Left, Brush Out Out**
- 1,2 Step left next to right foot as you sweep right foot across left foot(this is done in 1 count),
step down onto right foot
3&4 Step left to left side, cross right behind left, ¼ turn to left stepping forward onto left foot
5,6 Step forward onto right foot, ½ pivot turning left
7&8& Brush right foot forward, step right out to right side, step left out to left side, step right next to left
- Left Cross, Right Side, Left Sailor ¼ Turn, ¼ Turn Hitch, Hip Bumps With ¼ Turn, 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,
¼ turn to left stepping on left foot forward, ¼ turn to left hitching right knee
5&6 Step right foot to right side bumping hip to the right, bump hip to left,
¼ turn to left pushing right hip back
7&8 Step back onto left, step right next to left, step forward onto left
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