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E-mail: admin@linedancermagazine.com

Get This Way

48 count, 4 wall, intermediate level Choreographer: Joanna Wingrove (England)

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Choreographed to: My My My (Radio Edit) by Armand

Van Helden

40 count intro

1-8: Right side rock and cross, Left side rock and cross, forward rock recover, triple full turn

- 182: 1 rock right foot to right side, & recover onto left foot, 2 cross right foot in front of left. 384: 3 rock left foot to left side, & recover onto right foot, 4 cross left foot in front of right.
- 5, 6: 5 rock right foot forward, 6 recover back onto left foot
- 7&8: Triple full turn, stepping right, left, right, (Over right shoulder)

1-8: Left rock recover, triple 3/4's, right point monterey, left point monterey

- 1,2: 1 rock forward on left foot, 2 recover back onto right foot
- 3&4: Triple 3/4's, left, right, left, (over left shoulder)
- 5,6: Point right foot to right side, monterey half over right shoulder, weight ends on right foot
- 7,8: Point left foot out to left side, monterey half over left shoulder, weight ends on left foot

Restart here

1-8: Right jazz box, right side rock and cross, left kick ball change,

- 1-4: 1 cross right foot in front of left foot, 2 step back onto left foot, 3 step right to right side,
 - 4 cross left foot in front of right foot
- 5%6: 5 rock right foot to right side, & recover onto left foot, 6 cross right foot in front of left.
- 7&8: 7 kick left foot forward, & place left foot next to right, 8 cross right foot in front of left

1-8: Bounce Bounce half turn, left coaster step, right side together forward, left chasse

- 1,2: Turn a 1/4 left on balls of the feet, then repeat again weight ends on right foot
- 3&4: 3 step left foot back, & join right foot next to left, 4 step left foot forward
- 5&6: 5 Step right foot out to right side, & step left next to right, 6 step right foot forward
- 7&8: 7 Step left foot out to left side, & step right foot next to left, 8 step left foot out to left side

1-8: Right toe strut, left toe strut, step lock, locking shuffle

- 1,2: Touch right toe forward, put weight onto foot
- 3,4: Touch left toe forward, put weight onto foot
- 5,6: Step right foot forward, lock left foot behind right
- 7&8: 7 Step right foot forward, & lock left foot behind right, 8 step right foot forward

1-8: Left rock recover, ½ shuffle, shuffle ½, behind, side, cross

- 1,2: Rock left foot forward, recover back onto right foot
- 3&4: Shuffle ½ turning left, stepping left, right, left
- 5&6: Shuffle back, turning ½ left, stepping right, left, right
- 7&8: 7 step left foot behind right, & step right foot out to right side, 8 cross left foot in front of right. Weight ends on left

Restart: Only the one restart:

Wall 4: After first 16 counts: After the monterey's start again

The beat in the music will soften slightly and suddenly it will pick up again as you re-start.