



Simmer Down



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32 Count 4 Wall Intermediate Level Dance.
Choreographed by: Myra Harrold (UK) Jan 2026
Choreographed to: Get Around by Alessi Rose
Intro: 8 Counts. Start at approx 3 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 KICK & POINT, KICK & POINT, TOUCH & TOUCH & TOUCH, 1/4 TURN

1&2 RF kick fwd, step RF beside LF, point LF to L
3&4 LF kick fwd, step LF beside RF, LF, point RF to R
5&6 Touch R toe to LF, step RF beside LF, touch L toe to RF, step LF beside RF
7-8 Touch R toe to LF, pivot 1/4 R (3:00)

SEC 2 BACK ROCK, SHUFFLE 1/2, BACK ROCK, FULL TURN

1-2 Rock RF back, recover to LF
3&4 Pivot 1/4 L RF to R, close LF to RF, pivot 1/4 L RF back (9:00)
5-6 Rock LF back, recover to RF
7-8 Pivot 1/2 R LF back, pivot 1/2 R RF fwd (9:00)

Restart Here on Wall 4, change 7-8 to the following then restart

7-8 LF fwd, touch R toe

SEC 3 1/4 TURN, MOONWALK GRAPEVINE, POINT

1-2 LF fwd, pivot 1/4 R RF to R (12:00)
3-4 Slide LF over RF, slide RF to R
5-6 Slide LF behind RF, slide RF to R
7-8 Slide LF over RF, point RF to R

SEC 4 SAILOR, SAILOR 1/4, ROCK FWD, 1/2 WALK, WALK

1&2 RF behind LF, rock LF to L, RF to R
3&4 LF behind RF, pivot 1/4 L RF back, LF fwd (9:00)
5-6 Rock RF fwd, recover to LF
7-8 Pivot 1/2 R RF fwd, LF fwd (3:00)

Tag Once at the end of Walls 2 and 7 and Twice at the end of Wall 5

HIP BUMPS, 1/2 HIP BUMPS, HIP BUMPS, 1/2 HIP BUMPS

1&2 RF fwd with two R hip bumps fwd
3&4 Turn 1/2 L LF fwd with two L hip bumps fwd
5&6 RF fwd with two R hip bumps fwd
7&8 Turn 1/2 L LF fwd with two L hip bumps fwd

V-STEP, HIP ROLL

1-2 RF diag fwd R, LF to L side
3-4 RF back, step LF beside RF
5-6 Roll hips anti-clockwise
7-8 Roll hips anti-clockwise

Ending Last hip rolls 1/4 turn



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