



## Simmer Down

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.

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### SEC 1 KICK & POINT, KICK & POINT, TOUCH & TOUCH & TOUCH, ¼ 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 ¼ R (3:00)

### SEC 2 BACK ROCK, SHUFFLE ½, BACK ROCK, FULL TURN

- 1-2 Rock RF back, recover to LF  
3&4 Pivot ¼ L RF to R, close LF to RF, pivot ¼ L RF back (9:00)  
5-6 Rock LF back, recover to RF  
7-8 Pivot ½ R LF back, pivot ½ 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 ¼ TURN, MOONWALK GRAPEVINE, POINT

- 1-2 LF fwd, pivot ¼ 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 ¼, ROCK FWD, ½ WALK, WALK

- 1&2 RF behind LF, rock LF to L, RF to R  
3&4 LF behind RF, pivot ¼ L RF back, LF fwd (9:00)  
5-6 Rock RF fwd, recover to LF  
7-8 Pivot ½ 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, ½ HIP BUMPS, HIP BUMPS, ½ HIP BUMPS

- 1&2 RF fwd with two R hip bumps fwd  
3&4 Turn ½ L LF fwd with two L hip bumps fwd  
5&6 RF fwd with two R hip bumps fwd  
7&8 Turn ½ 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 ¼ turn



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