

Official WCDF competition dance description 2011

Get Down

Darren Bailey & Lana Williams

Type : 32 Count, 4 Wall Linedance
Level : Social
Music : "Get Down On It" by Kool & The Gang (BPM 110)

SLIDE, STEP, HEEL BOUNCES X2, SLIDE, TOUCH, KICK BALL STEP

1 RF big step side right
2 LF step next to RF
& bend both knees lifting heels
3 press both heels to floor
& bend both knees lifting heels
4 press both heels to floor
5 LF big step side left
6 RF touch next to LF
7 RF kick forward
& RF step next to LF
8 LF step forward

STEP, HEEL SWIVEL ½ TURN, COASTER STEP, WALK, WALK, HEEL FWD. CLAP FRONT, TOE BACK CLAP BACK

9 RF step forward
& LF twist heel towards RF ¼ turn left
10 RF twist heel to right ¼ turn left (6.00)
11 LF step back
& RF step next to left
12 LF step forward
13 RF walk forward
14 LF walk forward
15 LF touch right heel forward & clap front
16 LF touch toe back & clap back

LOCK FORWARD, STEP, ¼ TURN, HEEL, TOE, HEEL, TOE

17 RF step forward
& LF step behind RF
18 RF step forward
19 LF step forward
20 RF ¼ turn right (9.00)
21 touch left heel forward across RF
22 touch left toe side left
23 touch left heel forward across RF
24 touch left toe side left

CROSS, TOUCH, CROSS, TOUCH, SAILOR STEP, CROSS BEHIND, JUMP OUT, JUMP TOGETHER

25 LF cross step in front of RF
26 RF touch toe side right
27 RF cross step in front of LF
28 LF touch toe side left
29 LF cross behind RF
& RF step side right
30 LF step diagonally forward left
& RF cross behind LF
31 jump both feet out
32 jump both feet together