



Get Your Feet Down

2 murs - Phrasé - avancé

Ordre des différentes parties : ABCD, ABCD, AD, BCD, CD, Ending

PART A

Comptes	Description des pas
1 à 8	HEEL, HOOK, HEEL, TOUCH, RIGHT GRAPEVINE, TOUCH
1 - 4	Touch right heel forward, hook right over left, touch right heel forward, touch right together
5 - 8	Step right to side, cross left behind right, step right to side, touch left together
9 à 16	HEEL, HOOK HEEL, TOUCH, LEFT GRAPEVINE, SCUFF
1 - 4	Touch left heel forward, hook left over right, touch left heel forward, touch left together
5 - 8	Step left to side, cross right behind left, step left to side, scuff right forward
17 à 24	ROCK & CHAIR, DIAGONAL STEP, TOUCH, DIAGONAL STEP, TOUCH
1 - 2	Rock right forward, recover on left
3 - 4	Rock right back, recover on left
5 - 6	Step right diagonally forward, touch left together
7 - 8	Step left diagonally forward, touch right together
25 à 32	KICK, BACK CROSS (4 X)
1 - 2	Kick right diagonally forward, cross right behind left
3 - 4	Kick left diagonally forward, cross left behind right
5 - 8	Repeat 1-4

PART B

Comptes	Description des pas
1 à 8	SIDE, SLIDE TOGETHER, CROSS, CLAP, SIDE, SLIDE TOGETHER, CROSS, CLAP
1 - 4	Step right to side, slide left together, cross right over left, clap
5 - 8	Step left to side, slide right together, cross left over right, clap
9 à 16	BACK, LOCK, BACK, KICK, BACK, LOCK, BACK, KICK
1 - 4	Step right back, lock left in front of right, step right back, kick left forward
5 - 8	Step left back, lock right in front of left, step left back, kick right forward
17 à 24	STEP, PIVOT ¼ TURN, STEP, TURN ¼ TURN, WALK, WALK, DOUBLE KICK
1 - 4	Step right forward, turn ¼ left (weight to left), step right forward, turn ¼ left (weight to left)
5 - 6	Step right forward, step left forward
7 - 8	Kick right forward, kick right forward
25 à 32	BACK, TOGETHER, STEP, TOGETHER, TWIST, TWIST, TWIST, TWIST
1 - 4	Step right back, step left together, step right forward, step left together
5 - 8	Swivel both heels to right, swivel both heels to center, swivel both heels to left, swivel both heels to center
33 à 36	MONTEREY TURN
1 - 2	Touch right to side, turn ½ right and step right together
3 - 4	Touch left to side, step left together

PART C

Comptes	Description des pas
1 à 8	STOMPS, CLAPS (4 X)
1-8	Stomp right forward, clap, stomp left forward, clap, stomp right forward, clap, stomp left forward, clap (Singing "1, 2, 3, 4" on stomps)

9 à 16	BACK TOE STRUTS
1 - 4	Touch right toe back, drop right heel, touch left toe back, drop left heel
5 - 8	Touch right toe back, drop right heel, touch left toe back, drop left heel
17 à 24	STEP FORWARD, CLAP, STEP ½ TURN, CLAP, STEP ½ TURN, CLAP, STEP FORWARD, CLAP
1 - 4	Step right forward, clap, turn ½ right and step left back, clap
5 - 8	Turn ½ right and step right forward, clap, step left forward, clap (Singing "1, 2, 3, 4" on stomps)
25 à 32	CROSS TOE STRUTS
1 - 4	Cross right toe over left, drop right heel, touch left toe to side, drop left heel
5 - 8	Cross right toe over left, drop right heel, touch left toe to side, drop left heel

PART D

Comptes	Description des pas
1 à 8	STEPS, PIVOTS MAKING ¾ TURN LEFT STEP AND PIVOT ¾ TURN TO LEFT ON 8 COUNTS
1 - 2	Step right forward, turn 1/8 left (weight to left)
3 - 4	Step right forward, turn 1/8 left (weight to left)
5 - 6	Step right forward, turn ¼ left (weight to left)
7 - 8	Step right forward, turn ¼ left (weight to left)
9 à 16	STEP, LOCK, STEP, SCUFF, STEP, LOCK, STEP, SCUFF
1 - 4	Step right forward, lock left behind right, step right forward, scuff left forward
5 - 8	Step left forward, lock right behind left, step left forward, scuff right forward
17 à 24	TOE INSTEP, SCUFF, STEP, TOE INSTEP, SCUFF (2X)
1 - 2	Touch right toe together, scuff right forward
& 3 - 4	Step right together, touch left toe together, scuff left forward
& 5 - 6	Step left together, touch right toe together, scuff right forward
& 7 - 8	Step right together, touch left toe together, scuff left forward
25 à 32	LEFT GRAPEVINE, RIGHT GRAPEVINE ¼ TURN
1 - 4	Step left to side, cross right behind left, step left to side, scuff right forward
5 - 8	Step right to side, cross left behind right, turn ¼ right and step right forward, step left together

ENDING

Repeat the last 16 counts of part D and ending by a half turn instead of a quart turn

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Chorégraphiée par : Michelle Chandonnet

Chorégraphiée pour : "1,2,3" par Ann Tayler (182 bpm / CD: Home To Louisiana)

Source : Kickit
Traduction : Sandra Baraffe