

# GET ON DOWN

Choreographers: Rob Fowler

32 count - 4 wall - Improver

Music: Now you know

BY: Miss Eighty 6 (*Alternative: Music: On Fire By: Lloyd Banks*)

Walk, Walk, Kick ball step,  $\frac{1}{4}$  turn right knee roll, left knee roll, sailor  $\frac{1}{4}$  turn

- 1, 2 Walk forward right foot, walk forward left foot
- 3&4 Kick right foot forward, step right next to left, step forward onto left
- 5, 6  $\frac{1}{4}$  turn to right rolling right knee clockwise, roll left knee anti clockwise
- 7&8 Step right foot behind left, step left slightly to left side,  $\frac{1}{4}$  turn right long step forward onto right foot.

Dip  $\frac{1}{4}$  turn right,  $\frac{1}{2}$  turn right stepping right to right side, left kick and cross, Syncopated monetary turn

- 1,2  $\frac{1}{4}$  turn to right stepping left next to right bending both knees,  $\frac{1}{2}$  turn right on ball of left foot stepping right to right side
- 3&4 Kick left foot across right foot, step down onto left foot, touch right to right side
- 5&6 Full turn right stepping right next to left, rock left to left side, rock right to right side
- 7&8& Cross left foot over right foot, Rock right foot to right side,  $\frac{1}{4}$  turn to left stepping onto left foot,  $\frac{1}{4}$  turn to left stepping right to right side

Together sweep, cross, side, behind  $\frac{1}{4}$  step, step  $\frac{1}{2}$  pivot turn left, brush out out

- 1, 2 Step left next to right foot as you sweep right foot across left foot(this is done in 1 count), step down onto right foot
- 3&4 Step left to left side, cross right behind left,  $\frac{1}{4}$  turn to left stepping forward onto left foot
- 5, 6 Step forward onto right foot,  $\frac{1}{2}$  pivot turning left
- 7&8& Brush right foot forward, step right out to right side, step left out to left side, and step right next to left

Left cross, right side, left sailor  $\frac{1}{4}$  turn,  $\frac{1}{4}$  turn hitch, hip bumps with  $\frac{1}{4}$  turn, coaster step

- 1, 2 Cross left over right foot, step right to right side
- 3&4& Step left behind right foot, step right slightly to right side,  $\frac{1}{4}$  turn to left stepping on left foot forward,  $\frac{1}{4}$  turn to left hitching right knee
- 5&6 Step right foot to right side bumping hip to the right, bump hip to left,  $\frac{1}{4}$  turn to left pushing right hip back
- 7&8 Step back onto left, step right next to left, step forward onto left

End of Dance