

\*\*\*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