



AND GET IT ON



Niveau :

Musique : Marvin Gaye by Charlie Puth ft. Meghan Trainor

Type : Line-dance

Chorégraphie : Daniel Trepât (NL) & Jose Miquel Belloque
Vane (NL) March. 2015

Temps : 32 comptes, 4 murs

Départ : 32 comptes from first beat in music
(app. 25 sec. into track)

SECTION 1 1 à 8 SIDE, TOGETHER, 1/8 TURN R STEP FWD, CHA CHA R FWD, SYNCOPATED HALF DIAMOND

1 – 3 Step L to L side (1), Step R next to L (2), 1/8 turn R stepping L forward 1:30

4&5 Step R forward (4), Lock L behind R (&), Step R forward (5) 1:30

6&7 Step L forward (6), 1/8 turn L stepping R to R side (&), 1/8 turn L stepping L back (7) 10:30

8&1 Step R back (8), 1/8 turn L stepping L to L side (&), 1/8 turn L stepping R forward (1) 7:30

SECTION 2 9 à 16 STEP FWD, ½ TURN L, CHA CHA BACK, ROCKSTEP, CHA CHA FWD

2 – 3 Step L forward (2), ½ turn L stepping R back (3) 1:30

4&5 Step L back (4), Lock R in front of L (&), Step L back (5) 1:30

6 – 7 Rock R back (6), Recover on L (7) 1:30

8&1 Step R forward (8), Lock L behind R (&), Step R forward (1) 1:30

SECTION 3 17 à 24 HOLD, EXTENDED CHA FWD, BALL LOCK, UNWIND 7/8 TURN R, SIDE, TOUCH, HOLD

2&3&4 Hold (2), Lock L behind R (&), Step R forward (3), Lock L behind R (&), Step R forward (4) 1:30

&5 – 6 Step L forward (&), Lock R behind L (5), Unwind 7/8 turn R (weight ends on L) (6) 12:00

&7 – 8 Step R to R side (&), Touch L to L side (7), Hold (8) 12:00

SECTION 4 25 à 32 ¼TURN L, FLICK, STEP FWD, SPIRAL TURN L, STEP FWD, ¼TURN L, SIDE, 1/8 TURN L, TOGETHER, HOLD, 3X HEEL BOUNCES AND 1/8 TURN L

1 – 2 ¼ turn L stepping L forward & flicking R back (1), Step R forward (2) 9:00

3 Full turn Spiral turn L (weight ends on R) (3) 9:00

4&5 Step L forward (4), ¼ turn L step R to R side (&), 1/8 turn L stepping L next to R (5) 4:30

6 – 7&8 Hold (6), Bounce both heels (7), Bounce both heels (&), Bounce both heels (8)

On 7&8 while doing the heel bounces turn a 1/8 turn L 3:00

RECOMMENCEZ AU DEBUT