



Get Your Feet Down

132 count phrased, 2 wall, advanced level

Choreographer: Michelle Chandonnet (Canada), June 2007

Choreographed to: "1, 2, 3" by Ann Tayler (180 bpm), CD "Home To Louisiana"

Start on vocals (count 33)

Sequence: ABCD, ABCD, AD, BCD, CD, Ending

Part A Counts 1-32

Section 1 Heel, Hook, Heel, Touch, Right Grapevine, Touch

1-4 Touch R heel forward, Hook R in front of left leg, Touch R heel forward, Tap R beside left
5-8 Step R to right, Step L behind right, Step R to right, Tap L beside right

Section 2 Heel, Hook, Heel, Touch, Left Grapevine, Scuff

1-4 Touch L heel forward, Hook L in front of right leg, Touch L heel forward, Tap L beside right
5-8 Step L to left, Step R behind left, Step L to left, Scuff R

Section 3 Rock & Chair, Diagonal Step, Touch, Diagonal Step, Touch

1-2 Rock R forward, Recover on L
3-4 Rock R back, Recover on L
5-6 Step R forward diagonal, Tap L beside right
7-8 Step L forward diagonal, Tap R beside left

Section 4 Kick, Back Cross (4 x)

1-2 Kick R forward diagonal, Step R behind left
3-4 Kick L forward diagonal, Step L behind right
5-8 Repeat 1 to 4

Part B Counts 33-68

Section 1 Slide, Slide Together, Cross, Clap, Slide, Slide Together, Cross, Clap

1-4 Step R to right, Slide L beside right, Cross R over L, Clap
5-8 Step L to left, Slide right beside left, Cross L over R, Clap

Section 2 Back, Lock, Back, Kick, Back, Lock, Back, Kick

1-4 Step R back, Slide L in front of right, Step R back, Kick L forward
5-8 Step L back, Slide R in front of left, Step L back, Kick R forward

Section 3 Step, Pivot 1/4 Turn, Step, Pivot 1/4 Turn, Walk, Walk, Double Kick

1-4 Step R forward, Pivot 1/4 turn to left, Step R forward, Pivot 1/4 turn to left
5-6 Steps R, L forward
7-8 Double Kick R forward

Section 4 Back, Together, Step, Together, Twist, Twist, Twist, Twist

1-4 Step R back, Step L beside right, Step R forward, Step L beside right
5-8 Twist heels to right, Twist heel to center, Twist heel to left, Twist heels to center

Section 5 Monterey Turn

1-2 Point R to right, Pivot 1/2 turn to right on L stepping R beside left
3-4 Point L to left, Step L beside right

Part C Counts 69-100**Section 1 Stomp, Claps (4x)**

1-8 Stomp R forward, Clap, Stomp L forward, Clap, Stomp R forward, Clap, Stomp L forward, Clap
Singing "1, 2, 3, 4" on Stomps

Section 2 Back Toe Struts

1-4 Touch R toes back, Drop R heel, Touch L toes back, Drop L heel
 5-8 Touch R toes back, Drop R heel, Touch L toes back, Drop L heel

Section 3 Step Forward, Clap, Step 1/2 Turn, Clap, Step 1/2 Turn, Clap, Step Forward, Clap

1-4 Step R forward, Clap, Turn 1/2 right and Step L backward, Clap
 5-8 Turn 1/2 right and step R forward, Clap, Step L forward, Clap
Singing "3, 4, 5, 6" on Steps

Section 4 Cross Toe Struts

1-4 Touch R toes in front of left, Drop R heel, Touch L toes to left, Drop L heel
 5-8 Touch R toes in front of left, Drop R heel, Touch L toes to left, Drop L heel

Part D Counts 101-132**Section 1 Steps, Pivots Making 3/4 Turn Left**

1-2 Step R forward, Pivot 1/8 turn to left
 3-4 Step R forward, Pivot 1/8 turn to left
 5-6 Step R forward, Pivot 1/4 turn to left
 7-8 Step R forward, Pivot 1/4 turn to left

Section 2 Step, Lock, Step, Scuff, Step, Lock, Step, Scuff

1-4 Step R forward, Slide L behind right, Step R forward, Scuff L
 5-8 Step L forward, Slide R behind left, Step L forward, Scuff R

Section 3 Toe Instep, Scuff, Step, Toe Instep, Scuff (2x)

1-2 Touch R beside left, Scuff R
 &3-4 Step R together, Touch L beside right, Scuff L
 &5-6 Step L together, Touch R beside left, Scuff R
 &7-8 Step R together, Touch left beside right, Scuff L

Section 4 Left Grapevine, Right Grapevine 1/4 Turn

1-4 Step L to left, Step R behind left, Step L to left, Scuff R
 5-8 Step R to right, Step L behind right, Step R 1/4 turn to right, Step L together

Ending (Repeat of 16 Counts of Part D)**Section 1 Toe Instep, Scuff, Step, Toe Instep, Scuff (2x)**

1-2 Touch R beside left, Scuff R
 &3-4 Step R together, Touch L beside right, Scuff L
 &5-6 Step L together, Touch R beside left, Scuff R
 &7-8 Step R together, Touch left beside right, Scuff L

Section 2 Left Grapevine, Right Grapevine 1/4 Turn

1-4 Step L to left, Step R behind left, Step L to left, Scuff R
 5-8 Step R to right, Step L behind right, Step R 1/4 turn to right, Step L together

Quelle:

<http://pages.videotron.com/counboot/>