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| Get on Your Feet |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Debbie Rushton (UK) - March 2024 | | | | |
| **Music:** | We're On Our Way - LÒNIS & Daphne Willis | | | | |
| . | | | | | | |

**Count in: After 32 counts on lyrics**

**STEP ½ TURN STEP, STEP ¼ TURN CROSS, TOUCH SWIVEL SWIVEL HITCH, BEHIND SIDE CROSS**

|  |  |
| --- | --- |
| 1&2 | Step L forward, Pivot 1/2 turn R taking weight onto R, Step L forward 6:00 |
| 3&4 | Step R forward, Pivot 1/4 turn L, Cross R over L 3:00 |
| 5&6& | Step L forward to L diagonal, Swivel both heels left raising heels off floor and raise L hip, Swivel both heels back to Centre (weight R), Hitch L knee up |
| 7&8 | Cross L behind R, Step R to R side, Cross L over R |

**OUT OUT, SIDE SHUFFLE, SYNCOPATED JAZZ BOX ¼ TURN, STEP LOCK STEP**

|  |  |
| --- | --- |
| 1 2 | Step R out to R side, Step L out to L side (bounce both shoulders 1&2& or shimmy!) |
| 3&4 | Step R to R side, Step L beside R, Step R to R side |
| 5&6& | Cross L over R, Make 1/4 turn L stepping back on R, Step L to L side, Scuff R forward  12:00 |
| 7&8 | Step R forward, Lock L behind R, Step R forward |

**TAP TAP STEP, TAP TAP STEP, CROSS BACK & CROSS SHUFFLE**

|  |  |
| --- | --- |
| 1&2 | Touch L toe next to R, Touch L toe slightly forward to L diagonal, Step L forward to L diagonal |
| 3&4 | Touch R toe next to L, Touch R toe slightly forward to R diagonal, Step R forward to R diagonal |
| 5 6& | Cross L over R, Step R back, Step L to L side |
| 7&8 | Cross R, Step L to L side, Cross R over L |

**• Easier option for counts 1-4 – Step L to L diagonal bumping hips L, R, L, Step R to R diagonal bumping hips R, L, R**

**SIDE STRUT, CROSS STRUT, ROCK ¼ TURN STEP, SYNCOPATED LOCK STEPS**

|  |  |
| --- | --- |
| 1&2& | L side strut to L side, Cross strut R over L (shimmy!) |
| 3&4 | Rock L out to L side, Recover onto R making 1/4 turn R, Step L forward 3:00 |
| 5&6& | Step R to diagonal, Lock L behind R, Step R forward to R diagonal, Step L to L diagonal |
| 7&8 | Lock R behind L, Step L to L diagonal, Step R forward |

**TAG\***

**\*1) At end of wall 1 facing 3 o clock**

**\*2) At end of wall 2 facing 6 o clock**

**\*3) During wall 3 after 16 counts facing 6 o clock**

**ROCK RECOVER BACK, COASTER STEP, HIP BUMPS LRL, HIP BUMPS RLR**

|  |  |
| --- | --- |
| 1&2 | Rock forward on L, Recover back onto R, Step L back |
| 3&4 | Step R back, Step L beside R, Step R forward |
| 5&6 | Step L to L diagonal and bump hips L, R, L |
| 7&8 | Step R to R diagonal and bump hips R, L, R |

**Last Update - 4 Mar. 2024 - R1**