

Official WCDF competition dance description 2011

Get On Down

Rob Fowler

Type : 32 Count, 4 Wall, Funky
 Level : Novice
 Music : "Now You Know" by Miss Eighty 6 (BPM 99)

WALK, WALK, KICK, BALL, STEP,
¼ TURN STEP SIDE, STEP SIDE, ROCK,
RECOVER, ¼ TURN

1 RF walk forward
 2 LF walk forward
 3 RF kick forward
 & RF step next to LF
 4 LF step forward
 5 RF ¼ right step side right (3.00)
 6 LF step side left
 7 RF rock back
 & LF recover
 8 RF ¼ turn right step forward (6.00)

¼ TURN, ½ TURN STEP SIDE,
KICK CROSS TOUCH,
FULL MONTEREY TURN, ROCK,
RECOVER, CROSS, ROCK,
¼ TURN RECOVER, ¼ TURN STEP SIDE

9 LF ¼ turn right step next to RF
 10 RF ½ turn right step side right (3.00)
 11 LF kick across in front of right leg
 & LF step next to RF
 12 RF touch side right
 13 LF full turn right step next to RF
 & LF rock side left
 14 RF recover
 15 LF cross in front of RF
 & RF step side right
 16 LF ¼ turn left step in place
 & RF ¼ turn left step side right (9.00)

TOGETHER SWEEP, CROSS,
STEP SIDE, CROSS BACK,
¼ TURN STEP, STEP, ½ TURN,
BRUSH, OUT, OUT, STEP CENTER

17 LF step next RF sweeping RF
 forward
 18 RF cross over LF
 19 LF step side left
 & RF cross behind LF
 20 LF ¼ turn left step forward
 21 RF step forward
 22 LF ½ turn left (12.00)
 23 RF brush forward
 & RF step side right
 24 LF step side left
 & RF step center

CROSS, STEP SIDE, SAILOR ¼ TURN,
HITCH, HIP BUMPS ¼ TURN,
COASTER STEP

25 LF cross over RF
 26 RF step side right
 27 LF cross behind RF
 & RF step side right
 28 LF ¼ turn left
 step slightly forward (9.00)
 & LF hitch right knee slightly
 29 RF ¼ turn left step side right
 bump hip right
 & LF bump hip left
 30 RF ¼ turn left bump hip right & back
 (3.00)
 31 LF step back
 & RF step next to LF
 32 LF step forward