

And Get It On

32 count, 4 wall, intermediate level

Choreographer: Daniel Trepas & Jose Miguel Belloque Vane (NL), March 2015

Choreographed to: "Marvin Gaye" by Charlie Puth

32 count intro from first beat, approx. 25 secs. into track

Section 1 Side, Together, 1/8 Step, Cha Cha Forward, Syncopated Half Diamond

- 1-3 Step left to side. Step right beside left. Turn 1/8 right stepping left forward (1:30)
- 4&5 Step right forward. Lock left behind right. Step right forward (1:30)
- 6&7 Step left forward. Turn 1/8 left stepping right to side. Turn 1/8 left stepping left back (10:30)
- 8& Step right back. Turn 1/8 left stepping left to side (9:00)
- 1 Turn 1/8 left stepping right forward (7:30)

Section 2 Step Forward, 1/2 Turn, Cha Cha Back, Back Rock, Cha Cha Forward

- 2-3 Step left forward. Turn 1/2 left stepping right back (1:30)
- 4&5 Step left back. Lock right across left. Step left back
- 6-7 Rock back on right. Recover onto left
- 8&1 Step right forward. Lock left behind right. Step right forward

Section 3 Hold, Extended Cha Cha Forward, Ball Lock, Unwind 7/8 Turn, Side, Touch, Hold

- 2&3 Hold. Lock left behind right. Step right forward
- &4 Lock left behind right. Step right forward
- &5-6 Step left forward. Lock right behind left. Unwind 7/8 right (weight ends left) (12:00)
- &7-8 Step right to side. Touch left to left side. Hold

Section 4 1/4 Turn, Step, Spiral, Step, 1/4 Turn, 1/8 Turn, Together, Hold, Heel Bounce 1/8

- 1-2 Turn 1/4 left stepping left forward and flicking right back. Step right forward (9:00)
- 3 Full spiral turn left (weight ends right)
- 4& Step left forward. Turn 1/4 left stepping right to side
- 5 Turn 1/8 left stepping left beside right (4:30)
- 6-7&8 Hold. Bounce heels 3 times making 1/8 turn left (3:00)

Quelle:

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