

## 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:

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