



And Get It On

Count: 32 - Wall: 4 - Level: Intermediate

Choreographer: Daniel Trepas (NL) & Jose Miquel Belloque Vane (NL) March.2015

Music: Marvin Gaye by Charlie Puth ft. Meghan Trainor

Intro: 32 counts from first beat in music (app. 25 sec. into track)

[1 – 8] Side, Together, 1/8 turn R step fwd, Cha Cha R fwd, Syncopated half diamond

- 1-3 Step L to L side (1), Step R next to L (2), 1/8 turn R stepping L forward **1:30**
4&5 Step R forward (4), Lock L behind R (&), Step R forward (5) 1:30
6&7 Step L forward (6), 1/8 turn L stepping R to R side (&),
1/8 turn L stepping L back (7) **10:30**
8&1 Step R back (8), 1/8 turn L stepping L to L side (&),
1/8 turn L stepping R forward (1) **7:30**

[9 – 16] Step fwd, ½ turn L, Cha Cha back, Rockstep, Cha Cha fwd

- 2-3 Step L forward (2), ½ turn L stepping R back (3) **1:30**
4&5 Step L back (4), Lock R in front of L (&), Step L back (5) 1:30
6-7 Rock R back (6), Recover on L (7) 1:30
8&1 Step R forward (8), Lock L behind R (&), Step R forward (1) 1:30

[17 – 24] Hold, Extended cha fwd, Ball lock, unwind 7/8 turn R, Side, Touch, Hold

- 2&3&4 Hold (2), Lock L behind R (&), Step R forward (3),
Lock L behind R (&), Step R forward (4) 1:30
&5-6 Step L forward (&), Lock R behind L (5),
Unwind 7/8 turn R (weight ends on L) (6) **12:00**
&7 – 8 Step R to R side (&), Touch L to L side (7), Hold (8) 12:00

[25 – 32] ¼ turn L, Flick, Step fwd, Spiral Turn L, Step fwd, ¼ turn L, Side, 1/8 turn L, Together, Hold, 3x heel bounces and 1/8 turn L

- 1-2 ¼ turn L stepping L forward & flicking R back (1), Step R forward (2) **9:00**
3 Full turn Spiral turn L (weight ends on R) (3) 9:00
4&5 Step L forward (4), ¼ turn L step R to R side (&),
1/8 turn L stepping L next to R (5) **4:30**
6-7&8 Hold (6), Bounce both heels (7), Bounce both heels (&),
Bounce both heels (8) **3:00**

On 7&8 while doing the heel bounces turn a 1/8 turn L 3:00

Happy Face & Begin Again!

Quelle: <http://www.copperknob.co.uk/>

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