

# Get On Down

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**Count:** 32      **Wall:** 4      **Level:** Improver

**Choreographer:** Rob Fowler

**Music:** Now You Know by Miss Eighty 6

**(Alternative: Music: On Fire By: Lloyd Banks)**

**Walk, Walk, Kick ball step, ¼ turn right knee roll, left knee roll, sailor ¼ turn**

**1, 2**      Walk forward right foot, walk forward left foot

**3&4**      Kick right foot forward, step right next to left, step forward onto left

**5, 6 ¼ turn to right rolling right knee clockwise, roll left knee anti clockwise**

**7&8**      Step right foot behind left, step left slightly to left side, ¼ turn right long step forward onto right foot.

**Dip ¼ turn right, ½ turn right stepping right to right side, left kick and cross, Syncopated monterey turn**

**1,2 ¼ turn to right stepping left next to right bending both knees, ½ turn right on ball of left foot stepping right to right side**

**3&4**      Kick left foot across right foot, step down onto left foot, touch right to right side

**5&6**      Full turn right stepping right next to left, rock left to left side, rock right to right side

**7&8&**      Cross left foot over right foot, Rock right foot to right side, ¼ turn to left stepping onto left foot, ¼ turn to left stepping right to right side

**Together sweep, cross, side, behind ¼ step, step ½ pivot turn left, brush out out**

**1, 2**      Step left next to right foot as you sweep right foot across left foot(this is done in 1 count), step down onto right foot

**3&4**      Step left to left side, cross right behind left, ¼ turn to left stepping forward onto left foot

**5, 6**      Step forward onto right foot, ½ pivot turning left

**7&8&**      Brush right foot forward, step right out to right side, step left out to left side, and step right next to left

**Left cross, right side, left sailor ¼ turn, ¼ turn hitch, hip bumps with ¼ turn, coaster step**

- 1, 2** Cross left over right foot, step right to right side
- 3&4&** Step left behind right foot, step right slightly to right side,  $\frac{1}{4}$  turn to left stepping on left foot forward,  $\frac{1}{4}$  turn to left hitching right knee
- 5&6** Step right foot to right side bumping hip to the right, bump hip to left,  $\frac{1}{4}$  turn to left pushing right hip back
- 7&8** Step back onto left, step right next to left, step forward onto left

**End of Dance**