

And Get It On

Niveau: *Intermédiaire*

Chorégraphe : *Daniel Trepat Jose Miquel Belloque Vane*

Musique : *Marvin Gaye by Charlie Puth ft. Meghan Trainor*

Départ : 32 counts from first beat in music (app. 25 sec.)

Section 1 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

Section 2 9-16 STEP FWD, ½ TURN L, CHA CHA BACK, ROCK STEP, 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

Section 3 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

Section 4 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)

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

Bonne dance !!! souriez !!! recommencez

