



Get Your Feet Down

Phrased, 2 wall, advanced level

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CD: Home To Louisiana

Sequence: ABCD, ABCD, AD, BCD, CD, Ending

SECTION A

HEEL, HOOK, HEEL, TOUCH, RIGHT GRAPEVINE, TOUCH

- 1-4 Touch right heel forward, hook right over left, touch right heel forward, touch right together
5-8 Step right to side, cross left behind right, step right to side, touch left together

HEEL, HOOK HEEL, TOUCH, LEFT GRAPEVINE, SCUFF

- 1-4 Touch left heel forward, hook left over right, touch left heel forward, touch left together
5-8 Step left to side, cross right behind left, step left to side, scuff right forward

ROCK & CHAIR, DIAGONAL STEP, TOUCH, DIAGONAL STEP, TOUCH

- 1-2 Rock right forward, recover on left
3-4 Rock right back, recover on left
5-6 Step right diagonally forward, touch left together
7-8 Step left diagonally forward, touch right together

KICK, BACK CROSS (4 X)

- 1-2 Kick right diagonally forward, cross right behind left
3-4 Kick left diagonally forward, cross left behind right
5-8 Repeat 1-4

SECTION B

SIDE, SLIDE TOGETHER, CROSS, CLAP, SIDE, SLIDE TOGETHER, CROSS, CLAP

- 1-4 Step right to side, slide left together, cross right over left, clap
5-8 Step left to side, slide right together, cross left over right, clap

BACK, LOCK, BACK, KICK, BACK, LOCK, BACK, KICK

- 1-4 Step right back, lock left in front of right, step right back, kick left forward
5-8 Step left back, lock right in front of left, step left back, kick right forward

STEP, PIVOT ¼ TURN, STEP, TURN ¼ TURN, WALK, WALK, DOUBLE KICK

- 1-4 Step right forward, turn ¼ left (weight to left), step right forward, turn ¼ left (weight to left)
5-6 Step right forward, step left forward
7-8 Kick right forward, kick right forward

BACK, TOGETHER, STEP, TOGETHER, TWIST, TWIST, TWIST, TWIST

- 1-4 Step right back, step left together, step right forward, step left together
5-6 Swivel both heels to right, swivel both heels to center,
7-8 Swivel both heels to left, swivel both heels to center

MONTEREY TURN

- 1-2 Touch right to side, turn ½ right and step right together
3-4 Touch left to side, step left together

SECTION C

STOMPS, CLAPS (4 X)

- 1-4 Stomp right forward, clap, stomp left forward, clap,
5-8 Stomp right forward, clap, stomp left forward, clap
Singing "1, 2, 3, 4" on stomps

BACK TOE STRUTS

- 1-4 Touch right toe back, drop right heel, touch left toe back, drop left heel
5-8 Touch right toe back, drop right heel, touch left toe back, drop left heel

STEP FORWARD, CLAP, STEP ½ TURN, CLAP, STEP ½ TURN, CLAP, STEP FORWARD, CLAP

- 1-4 Step right forward, clap, turn 1/2 right and step left backward, clap
5-8 Turn 1/2 right and step right forward, clap, step left forward, clap
Singing "3, 4, 5, 6" on steps

CROSS TOE STRUTS

- 1-4 Cross right toe over left, drop right heel, touch left toe to side, drop left heel
5-8 Cross right toe over left, drop right heel, touch left toe to side, drop left heel
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SECTION D**STEPS, PIVOTS MAKING 3/4 TURN LEFT**

- 1-2 Step right forward, turn 1/8 left (weight to left)
3-4 Step right forward, turn 1/8 left (weight to left)
5-6 Step right forward, turn 1/4 left (weight to left)
7-8 Step right forward, turn 1/4 left (weight to left)

STEP, LOCK, STEP, SCUFF, STEP, LOCK, STEP, SCUFF

- 1-4 Step right forward, lock left behind right, step right forward, scuff left forward
5-8 Step left forward, lock right behind left, step left forward, scuff right forward

TOE INSTEP, SCUFF, STEP, TOE INSTEP, SCUFF (2X)

- 1-2 Touch right toe together, scuff right forward
&3-4 Step right together, touch left toe together, scuff left forward
&5-6 Step left together, touch right toe together, scuff right forward
&7-8 Step right together, touch left toe together, scuff left forward

LEFT GRAPEVINE, RIGHT GRAPEVINE 1/4 TURN

- 1-4 Step left to side, cross right behind left, step left to side, scuff right forward
5-8 Step right to side, cross left behind right, turn 1/4 right and step right forward, step left together

ENDING (REPEAT OF 16 COUNTS OF PART D)**TOE INSTEP, SCUFF, STEP, TOE INSTEP, SCUFF (2X)**

- 1-2 Touch right toe together, scuff right forward
&3-4 Step right together, touch left toe together, scuff left forward
&5-6 Step left together, touch right toe together, scuff right forward
&7-8 Step right together, touch left toe together, scuff left forward

LEFT GRAPEVINE, RIGHT GRAPEVINE 1/4 TURN

- 1-4 Step left to side, cross right behind left, step left to side, scuff right forward
5-8 Step right to side, cross left behind right, turn 1/4 right and step right forward, step left together

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