

GET ON YOUR FEET

music: Gloria Estefan, CD "Cuts Both Ways" (or Rec. Epic 34-69064) **INT 3:39**
 choreo: unknown, written down & adapted by Claudia Wagner **128 BPM**

sequence: **Intro A B C Br1 A* B C* Br2 B B C* END**

wait 16 beats

Intro

4 Triple Kick DS DS DS KK UP/H **move L & R**
 L R L R R L roll arms in front, clap on each KK
 &1 &2 &3 & 4

Part A

Mountain Goat DS BA(xif) BA(xib) BA(ots) BA(xif) BA(xib)/H(if) UP/SL
 L R L R R L R L R
 &1 & 2 & 3 & 4

2 Basic DS RS
 L RL
 &1 &2

Triple Kick DS DS DS KK UP/H **move forward**
 L R L R R L
 &1 &2 &3 & 4

Push Turn DS RS RS RS **turn 3/4 R**
 R LR LR LR arms like an airplane
 &1 &2 &3 &4

Repeat all above 3 times as written moving in a box.

Part A*

Dance Part A, but turn 1/2 R on each Push Turn and repeat only once.

Part B

Rocking Chair DS BR UP/H DS RS
 L R R L R LR
 &1 & 2 &3 &4

Triple DS DS DS RS
 L R L RL
 &1 &2 &3 &4

Repeat Rocking Chair & Triple (opposite footwork).

Part C

Feet DS DT(xif) H DT(unx) H TCH(ots) TCH(ib) BA/H UP/SL DS DS RS
 L R L R L R R R L L R L R LR
 &1 &a 2 &a 3 & 4 & 5 &6 &7 &8

4 Basic Kick DS KK UP/H **turn 1/2 L**
 L R R L
 &1 & 2

Repeat Feet & 4 Basic Kick as written to face front.

Part C*

Dance Part C, but turn 1/4 L on each set of Basic Kicks and repeat 3 times.

sequence: **Intro A B C Br1 A* B C* Br2 B B C* END**

Bridge 1

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2 Basic      DS  RS
              L   RL
              &1  &2
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Scissors	DT	B0(ots)	B0(xib)/B0(xif)	B0(ots)	B0(xif)/B0(xib)	B0(ots)	BA/H	SL/UP
	L	both	L R	both	L R	both	R L	R L
	&	1	&	2	&	3	&	4

Bridge 2

Step behind	DS	S(xib)	DS	BR	UP/H	
& Brush	L	R	L	R	R	L
	&1	2	&3	&	4	

Triple	DS R &1	DS L &2	DS R &3	RS LR &4		turn 1/2 R
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Repeat all above 3 times as written to face the back.

2 Basic DS RS turn 1/2 L
L RL
&1 &2

Turning Vine	DS DS(xif)	DS DS DS DS DS RS	full turn R on beat 4-6
	L R	L R L R L RL	
	&1 &2	&3 &4 &5 &6 &7 &8	

2 Basic Kick	DS	KK	UP/H
	R	L	L R
	&1	&	2

[illegible]

Repeat Turning Vine, 2 Basic Kick & Push Turn as written to face front.

Ending

ST0	ST0	BOW
L	R	
1	2	