

Get On That!



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Choreographed by: Bryan McWherter
Phrased / 4 wall / Intermediate
Music: Good Foot by Justin Timberlake ft. Timpaland
Approx: 98 BPM's
Sequence: A, A, B, A, A, B, A, A, B, A
Note: Dance starts on words "Hey Timbo"

PART A: (32 counts)

SYNCOATED WEAVE LEFT, CROSS SHUFFLE, ROCK, RECOVER, WEAVE, FULL TURN

- 1&2&3&4& Cross step right in front of left (1), step left to left (&), cross step right in front of left (2), step left to left (&), cross step right in front of left (3), step left to left (&), cross step right in front of left (4), rock left to left (&),
- 5&6&7&8& Step right to right (5), cross step left in front of right (&), step right to right (6), cross step left behind right (&), make a full turn in place stepping r (7), l (&), r (8), step left in place (&).
**Counts 7&8 – turn should be going to your right.*

ROCK, RECOVER, STEP BACK / HITCH, SHUFFLE, CROSS, STEP, STEP / KICK, CROSS STEP, ROCK, HOOK

- 1&2 Rock right foot forward (1), recover weight back onto left (&), step right foot back while hitching left knee up (2),
- 3&4 Shuffle forward L (3), R (&), L (4),
- 5&6 Cross step right in front of left while making a ¼ turn to your right (5), Rock left foot out to left (&), Recover weight back onto right while kicking left leg out to left side (6),
- 7&8 Cross step left in front of right (7), rock right out to right side (&), hitch right leg behind left (8).

STEP, BUMP, BUMP, ¼ TURN, BRUSH, HITCH, FORWARD, FORWARD, BACK, BACK

- 1&2 Step right foot to right side while bumping right hip up (1), bump left hip left (&), settle on right foot while bumping right hip right (2),
- 3&4 Step left foot forward making a ¼ turn left (3), brush right foot next to left making a ¼ turn left (&), hitch right knee up (4),
- 5-8 Step forward right (5), step forward left keeping feet about shoulder width apart (6), step right foot back (7), step left foot back (8).
** Feet should still be shoulder width apart with weight on left.*

ROCK, RECOVER, WEAVE, STEP, POP KNEES L – R – L – R

- 1-2 Rock right foot forward (1), recover weight back onto left (2),
- 3&4 Cross step right behind left (3), step left foot to left side (&), step right foot next to l (4),
- 5&6& Feet together facing 45 degree angle left bend knees out (5), stand up facing 12 o'clock wall (&), Feet together facing 45 degree angle right bend knees out (5), stand up facing 12 o'clock wall (&),
- 7&8& Repeat counts 5&6&
**Weight ending on left.*

PART B: (48 counts)

TOUCH, TOGETHER, TOUCH, TOGETHER, SIDE, TOUCH, WALK ABOUT

- 1&2& Touch right toe forward (1), touch right toe next to left foot (&), Touch right toe out to right side (2), touch right toe next to left foot (&),
- 3-4 Step right foot to right side (3), touch left toe next to right foot (4),
- 5-8 Step left foot out to left side making a ¼ turn right (5), step right foot out to right side making a ¼ turn right (6), step left foot out to left side making a ¼ turn right (7),

step right foot out to right side making a ¼ turn right (8).

TOUCH, TOGETHER, TOUCH, TOGETHER, SIDE, TOUCH, WALK ABOUT

- 1&2& Touch left toe forward (1), touch left toe next to right foot (&),
Touch left toe out to left side (2), touch left toe next to right foot (&),
3-4 Step left foot to left side (3), touch right toe next to left foot (4),
5-8 Step right foot out to right side making a ¼ turn left (5), step left foot out to left side
making a ¼ turn left (6), step right foot out to right side making a ¼ turn left (7),
step left foot out to left side making a ¼ turn left (8).
**The above 8 counts are a mirror of the first 8 counts of part B.*

KICK, STEP, LOCK, STEP, KICK, HITCH, HOLD, SIDE, KNEE POPS

- 1&2& Kick right leg (1), step right foot down (&), lock left behind right (2),
Step right foot forward (&),
3&4 Kick left leg out at a 45 degree angle (3), hitch left leg (&), hold (4),
5-6 Big step left to left side (5), step right next to left (6),
7&8& Facing forward, feet together, bend knees & pop them out (7), in (&), out (8), in (&).

ROCK, RECOVER, ½ STEP, ROCK, RECOVER, ½ STEP, ¼ STEP, ¼ STEP, TOUCH

- 1&2 Rock right foot forward (1), recover back to left (&), make a ½ turn right stepping
forward onto right (2),
3&4 Rock left foot forward (3), recover back to right (&), make a ½ turn left stepping forward
onto left (4),
5&6 Step forward onto right (5), make a half turn to your left stepping forward onto left (&),
step right foot to right side making a ¼ turn left (6),
7-8 Step left foot to left side making a ½ turn left (7), touch right foot next to left (8).

CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER, SIDE, STEP ½ TURN, 2 ¼ PADDLES

- 1&2 Cross rock right in front of left (1), recover weight back to left (&),
step right to right side (2),
3&4 Cross rock left in front of right (3) recover weight back to right (&),
step left to left side (4),
5-6 Step forward onto right foot (5), make a ½ turn left stepping left forward (6),
7&8 Make a ¼ turn left touching right toe out to right side (7), hitch right leg up making ¼
turn left (&), touch right toe out to right side (8).

CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER, SIDE, CROSS SHUFFLE, CROSS BEHIND, UNWIND

- 1&2 Cross rock right in front of left (1), recover weight back to left (&),
step right to right side (2),
3&4 Cross rock left in front of right (3) recover weight back to right (&),
step left to left side (4),
5&6 Cross step right in front of left (5), step left to left side (&),
cross step right in front of left (6),
&7,8 Step left foot to left side (&), cross step right behind left (7), unwind 1 full turn right on
ball of left foot (8).
** Weight ending on left, feet next to each other.*