

GET DOWN TONIGHT

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Choreographers: Dale & Leslie Simpson, 721 N. Sergeant, Joplin, MO 64801 417-782-3733, d1226simpson@yahoo.com Website: <http://simpsonchoreo.blogspot.com/>
Music: "Get Down Tonight," KC & the Sunshine Band. CD: **THE BEST OF K.C. & THE SUNSHINE BAND** Track 2. Also available in mp3 from Amazon & iTunes.
Time: 3:13 @100%. Slow tempo 5% if needed.
Footwork: Opposite (*Woman's footwork opposite, except as noted in parentheses*)
Rhythm/Phase: Cha Cha Phase IV+1 (Double Cubans)
Degree of difficulty: Average
Sequence: INTRO – A – B – A – B –INTLD – B – INTLD – END

INTRO

FACING WALL & PARTNER EIGHT FEET APART LEAD FEET FREE WAIT THRU INSTRUMENTAL INTRO [TWO RUNS OF TRILLS TO FINAL PICKUP NOTES PRECEDING QUICK DRUMBEATS] & ON DRUMBEATS WALK TOGETHER 4 TO BFLY

1 Partners facing each other eight feet apart lead feet free wait thru two rounds of trills to drumbeats walk together 4 thru drumbeats to BFLY ;

PART A

1-8 NEW YORKER TWICE ; ; FORWARD BASIC TO WRAP ; BACK BASIC TO UNWRAP ; HALF BASIC ; FAN ; HOCKEY STICK ; ;

1-4 {**New Yorker 2X**} Swvl thru L twd RLOD, rec swvl R, sd L/cl R, sd L ; swvl thru R twd LOD, rec swvl L, sd R/cl L, sd R ; {**Forward Basic to Wrap**} Fwd L, rec R, commence to wrap W bk L/cl R, bk L (*W bk R, rec L commence LF turn, cont LF turn fwd & bk R/cl L, bk R*) ; {**Back Basic to Unwrap**} Bk R, rec L, comm to unwrap W fwd R/cl L, fwd R (*W bk L, rec R comm RF turn, cont RF turn fwd L/cl R, bk L*) ;
5-8 {**Half Basic**} Fwd L, rec R, sd L/cl R, sd L (*W bk R, fwd L, sd R/cl L, sd R*) ; {**Fan**} Bk R, rec L, sd R/cl L, sd R (*W fwd L, turning LF stp sd & bk R turning 1/4 to L, bk L/lk RiF, bk L leaving R extended fwd with no weight*) ; {**Hockey Stick**} Rk fwd L, rec R, sd L/cl R, sd L ; rk bk R, rec L, sd R/cl L, sd R (*W cl R, fwd L, fwd R/cl L, fwd R ; fwd L, fwd R trn LF under jnd ld hnds, bk L/cl R, bk L*) ;

PART B

1-8 DOUBLE CUBANS ; ; SPOT TURN TWICE ; ; DOUBLE CUBANS ; ; SPOT TURN TWICE ; ;

1-4 {**Double Cubans**} XLif/rec R, sd L/rec R, XLif/rec R, sd L ; XRif/rec L, sd R/rec L, XRif/rec L, sd R ; {**Spot Turn 2X**} XRif trng LF, cont trn rec L to fc ptr, sd R/cl L, sd R ; XLif trng RF, cont trng rec R to fc ptr, sd L/cl R, sd L to bfly ;
5-8 **REPEAT MEAS 1-4**

REPEAT PART A

REPEAT PART B

INTERLUDE

1-8 CHASE ONE HALF TO TANDEM WALL (WOMAN IN FOUR) ; ; OPEN CRAB WALK RLOD ; SWIVEL OPEN CRAB WALK LOD ; MAN HALF BASIC / WOMAN TURN IN FOUR TO BFLY ; FAN ; ALEMANA ; ;

1-4 {**Chase 1/2 to Tandem Wall (Woman in 4)**} Fwd L begin trn RF 1/2, rec fwd R, fwd L/cl R, fwd L ; fwd R begin trn LF 1/2, fwd L, fwd R/cl L, fwd R (*W bk R, rec L, fwd R/cl L, fwd R ; fwd L begin trn RF 1/2, rec fwd R, fwd L, cl R to fc WALL*) ; {**Open Crab Walk RLOD**} Both M & W: XLif, sd R, XLif/sd R, XLif ; {**Open Crab Walk LOD**} swvl XRif, sd L, XRif/sd L, cl R ;
5-8 {**Man Half Basic / Woman Turn in 4**} Fwd L, rec R, sd L/cl R, sd L (*W fwd L, rec R beginning 1/2 RF turn, fwd L, cl R*) ; {**Fan**} Bk R, rec L, sd R/cl L, sd R (*W fwd L, turning LF sd & bk R 1/4 trn to L, bk L/lk RiF, bk L leave R extended fwd w/no weight*) ; {**Alemans**} Fwd L, rec R, bk L/cl R, bk L ; bk R, rec L, sd R/cl L, sd R (*W cl R, fwd L, fwd R/fwd L, fwd R commence RF swivel to face partner ; continue RF turn under joined lead hands fwd L, cont RF turn fwd R, sd L/cl R, sd L*) ;

REPEAT PART B

REPEAT INTERLUDE

END [TO FADEOUT]

1-17 CHASE WITH TRIPLES TO COH ; ; PEEKABOO TWICE ; ; CHASE WITH TRIPLES TO WALL ; ;
FINISH CHASE ; ; NEW YORKER ; THRU TO AIDA ; BACK TWO TRIPLES ; TRIPLE CHA
FORWARD BLEND TO BFLY ; ; VINE 2 & CHA ; FENCELINE RLOD ; CUCARACHA ; THRU TO AIDA
RLOD & FREEZE ;

1-4 {**Chase with Triple Chas to COH**} Fwd L trng 1/2 RF, rec R to fc COH fwd L/lk Rib, fwd L (*W bk R, rec L, fwd R/lk Lib, fwd R*) ; Fwd R/lk L, fwd R, fwd L/lk R, fwd L ; {**Peek-a-boo 2X**} Sd R looking over L shoulder, rec L, Sip R/L, R ; Sd L looking over R shoulder, rec R, Sip L/R, L ;

5-8 {**Chase w/ Triples to WALL**} Fwd R trng 1/2 LF to fc WALL, rec L, fwd R/lk L, fwd R (*W fwd L trng 1/2 RF to fc WALL, rec R, fwd L/lk R, fwd L*) ; Fwd L/lk R, fwd L, fwd R/lk L, fwd R ; {**Finish Chase**} Fwd L, rec R, bk L/lk R, bk L (*W fwd R trng 1/2 LF to fc man, rec L, fwd R/lk L, fwd R*) ; rk bk R, rec L, fwd R/cl L, fwd R (*W fwd L, rec R, bk L/lk R, bk L*) ;

9-13 {**New Yorker**} Swvl thru L twd RLOD, rec swvl R, sd L/cl R, sd L ; {**Thru to Aida**} Joining trail hnds thru R twd LOD, trng RF to fc ptr & WALL sd L jng lead hnds, cont trng RF to LOP-FCG RLOD bk R/lk Lif, bk R end LOP-FCG RLOD ; {**Back Two Triples**} Bk L/lk Rif, bk L, bk R/lk Lif, bk R ; {**Triple Cha Forward**} Bk L, rec R, fwd L/lk Rif, fwd L ; fwd R/lk Lib, fwd R, fwd L/lk Rib, fwd L to BFLY ;

14-17 {**Vine 2 & Cha**} Sd R, XLib, sd R/cl L, sd R ; {**Fenceline**} XLunL to RLOD, rec R, sd L/cl R, sd L ; {**Cucaracha**} Sd R, rec L, cl R/stp L, stp R ; {**Thru to Aida & Freeze**} Joining lead hnds thru L twd RLOD, trng L to fc ptr & WALL sd R jng trail hnds, cont trng LF to LOP-FCG LOD bk L/lk Rif, bk L end LOP-FCG LOD extend lead arms & freeze ;

HEAD CUES

INTRO

1 FACING WALL & PARTNER EIGHT FEET APART LEAD FEET FREE WAIT THRU INSTRUMENTAL INTRO [TWO RUNS OF TRILLS TO FINAL PICKUP NOTES PRECEDING QUICK DRUMBEATS] & ON DRUMBEATS WALK TOGETHER 4 TO BFLY ;

PART A

1-8 NEW YORKER TWICE ; ;
FORWARD BASIC TO WRAP ;
BACK BASIC TO UNWRAP ;
HALF BASIC ;
FAN ;
HOCKEY STICK ; ;

PART B

1-8 DOUBLE CUBANS ; ;
SPOT TURN TWICE ; ;
DOUBLE CUBANS ; ;
SPOT TURN TWICE ; ;

REPEAT PART A

1-8 NEW YORKER TWICE ; ;
FORWARD BASIC TO WRAP ;
BACK BASIC TO UNWRAP ;
HALF BASIC ;
FAN ;
HOCKEY STICK ; ;

REPEAT PART B

1-8 DOUBLE CUBANS ; ;
SPOT TURN TWICE ; ;
DOUBLE CUBANS ; ;
SPOT TURN TWICE ; ;

INTERLUDE

1-8 CHASE ONE HALF TO TANDEM WALL (WOMAN IN FOUR) ; ;
OPEN CRAB WALK RLOD ;
SWIVEL OPEN CRAB WALK LOD ;
MAN HALF BASIC / WOMAN TURN IN FOUR TO BFLY ;
FAN ;
ALEMANA ; ;

REPEAT PART B

1-8 DOUBLE CUBANS ; ;
SPOT TURN TWICE ; ;
DOUBLE CUBANS ; ;
SPOT TURN TWICE ; ;

REPEAT INTERLUDE

1-8 CHASE ONE HALF TO TANDEM WALL (WOMAN IN FOUR) ; ;
OPEN CRAB WALK RLOD ;
SWIVEL OPEN CRAB WALK LOD ;
MAN HALF BASIC / WOMAN TURN IN FOUR TO BFLY ;
FAN ;
ALEMANA ; ;

END [TO FADE]

1-17 CHASE WITH TRIPLES TO COH ; ;
PEEKABOO TWICE ; ;
CHASE WITH TRIPLES TO WALL ; ;
FINISH CHASE ; ;
NEW YORKER ;
THRU TO AIDA ;
BACK TWO TRIPLES ;
TRIPLE CHA FORWARD BLEND TO BFLY ; ;
VINE 2 & CHA ;
FENCELINE RLOD ;
CUCARACHA ;
THRU TO AIDA RLOD & FREEZE ;