



# And Get It On

**Niveau: Intermédiaire**

**Chorégraphe : Daniel Trepas 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, 1/2 TURN L, CHA CHA BACK, ROCK STEP, CHA CHA FWD**

2 – 3 Step L forward (2), 1/2 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 1/4 TURN L, FLICK, STEP FWD, SPIRAL TURN L, STEP FWD, 1/4 TURN L, SIDE,**

### **1/8 TURN L, TOGETHER, HOLD, 3X HEEL BOUNCES AND 1/8 TURN L**

1 – 2 1/4 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), 1/4 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

