

Get Rhythm

BEGINNER 32 Count

Choreographed by: Trish Davies Choreographed to: Thirty Days by The Tractors

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(26359)

	HEEL TOE STRUTS
1 - 2	Touch right toe forward, raise right ankle beside & slap with right hand
3 - 4	Step right toe forward, step forward onto right dropping heel
5 - 6	Touch left toe forward, raise left ankle beside & slap with left hand
7 - 8	Step left toe forward, step forward onto left dropping heel
9 - 10	Step forward on ball of right keeping left in contact at center position, pivot 1/4 to left taking weight on left
11 - 14	Complete last 2 beats twice (3/4 turn executed)
15 - 16	Bring right foot together with 2 heel bumps in center position
17 - 18	Bronco twist right (or swiggle); twist to the right on the heel of the right foot and the ball of the left foot, then twist back to the center again
19 - 20	Bronco twist left (or swiggle); twist to the left on the heel of the left foot and the ball of the right foot, then twist back to the center again
21 - 22	Rock forward on right, return weight to left at center position
23 - 24	Rock back onto right, return weight to left at center position
25 - 28	Step right to right side, hold, step left behind right, hold
29 - 32	Step right to right side, step left across right, step right to right side bring left together
	REPEAT

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