

Get Rhythm

Choreographer: Aaron Smith, Hillsboro OR
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Record: Atlantic 7-87869 "Get Rhythm" Martin Delray
Footwork: Opposite; Woman's special instruction in parentheses
Level/Rhythm: Intermediate - ROUNDALAB Phase IV+2 (Open Hip Twist, Switch) Cha Cha
Sequence: Introduction A Bridge-1 B A Bridge-1 Interlude B A A Bridge-2 End

Introduction

- 1-4 Butterfly Wait 2 Measures;; New Yorker; twice;**
BFLY M fcg wall wait 2 meas;; thru L, rec R to fc ptr, sd L/cl R, sd L; thru R, rec L to fc ptr, sd R/cl L, sd R;
- 5-8 Alemana;; Shoulder to Shoulder; twice;**
fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R (W xliif trn RF under lead hnds, fwd R trn RF to fc ptr, sd L/cl R, sd L); rk fwd L to BFLY-SCAR, rec R to BFLY, sd L/cl R, sd L; rk fwd R to BFLY-BJO, rec L to BFLY, sd R/cl L, sd R;

Part A

- 1-4 Open Hip Twist; Fan; Hockey Stick;;**
rk fwd L, rec R, bk L/cl R, bk L (W swvl 1/4 RF on last step); bk R, rec L, sd R/cl L, sd R (W fwd L, fwd R trng 1/2 LF, bk L/lk R, bk L); fwd L, rec R, sd L/cl R, sd L (W cl R, fwd L, fwd R/fwd L, fwd R); bk R, rec L, fwd R/cl L, fwd R (W fwd L, fwd R trng LF to fc ptr, bk L/cl R, bk L);
- 5-8 Aida; Switch; Circle Away and Together;;**
thru L, sd trn R to V BK-TO-BK, bk L/lk R, bk L; trn sd R to BFLY, rec L, xrif/sd L, xrif; fwd trn LF L, fwd trn LF R, fwd L/cl R, fwd L; fwd trn LF R, fwd trn LF L, fwd R/cl L, fwd R to BFLY;

Bridge 1

- 1 Side, Close;**
sd L, cl R (NOTE: this is a 2-beat measure);

Part B

- 1-4 Alemana;; Sand Step; twice;**
fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R (W xliif trn RF under lead hnds, fwd R trn RF to fc ptr, sd L/cl R, sd L); tch L toe, tch L heel, xliif/sd R, xliif; tch R toe, tch R heel, xrif/sd L, xrif;
- 5-8 Half Basic; Whip; Half Basic; Whip;**
fwd L, rec R, sd L/cl R, sd L; bk trn R 1/4 LF, rec L trng 1/4 LF, sd R/cl L, sd R (W fwd L, fwd R trn 1/2 LF, sd L/cl R, sd L); fwd L, rec R, sd L/cl R, sd L; bk trn R 1/4 LF, rec L trng 1/4 LF, sd R/cl L, sd R (W fwd L, fwd R trn 1/2 LF, sd L/cl R, sd L);

Interlude

- 1-3 Basic;; Rock Apart, Recover, Side, Close;**
fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R; rk apt L, rec R, sd L, cl R;

Bridge 2

- 1-2 Forward Basic; Side, Touch;**
fwd L, rec R, bk L/cl R, bk L; sd R, tch L (NOTE: this is a 2-beat measure);

End

- 1-4 Back Break to Open; Walk; Sliding Door; Rock Apart, Recover, Forward Cha;**
bhd L trn to OP, rec R, fwd L/cl R, fwd L; fwd R, fwd L, fwd R/cl L, fwd R; rk apt L, rec R, xliif/sd R, xliif; rk apt R, rec L to L OP, fwd R/cl L, fwd R;
- 5-8 Forward Basic; Sliding Door; Rock Apart, Recover, Forward Cha; New Yorker;**
fwd L, rec R, bk L/cl R, bk L; rk apt R, rec L, xrif/sd L, xrif; rk apt L, rec R to OP, fwd L/cl R, fwd L; thru R, rec L to fc ptr, sd R/cl L, sd R;
- 9-12 Open Break; New Yorker; twice; Crab Walks;**
rk apt L, rec R, sd L/cl R, sd L; thru R, rec L to fc ptr, sd R/cl L, sd R; thru L, rec R to fc ptr, sd L/cl R, sd L; xrif, sd L, xrif/sd L, xrif;
- 13-15 (continue Crab Walks); Spot Turn; Apart, Point;**
sd L, xrif, sd L/cl R, sd L; xrif trn LF, rec trn L to fc ptr, sd R/cl L, sd R; apt L, pt R twd ptr;