

# GET DOWN TONIGHT

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**MUSIC:** "Get Down Tonight" by Elle & The Pocket Belles **SPEED:** Slow from 52 to 47mpm  
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**SEQUENCE:** Intro, A, B, A (1-8), C, D, B, A, Ending **RELEASED:** January 2019  
**RHYTHM:** Quickstep **PHASE:** V **FOOTWORK:** Described for M- W opp (or as noted)

## INTRO

### **1 - 4 WAIT; WAIT; APART,-, POINT,-; TOGETHER,-, TOUCH TO CP WALL,-;**

- 1-2 - Wait 2 measure fcng ptr & WALL trailing hands joined and lead foot free;;
- s-- 3-4 - Apt L,-, point R twd ptr,-; Tog R blending to CP WALL,-, tch L to R-;

## PART A

### **1 - 4 SLOW SIDE DOUBLE TAP &; RIGHT CHASSE TO SDCR; FWD CHK REC; CHASSE TO BJO;**

- s-- 1 - Sd L,-, tap R on floor behind L, tap R on floor behind L;
- QQS 2 - Sd R, cl L to R, sd & fwd R blending to SDCR DRW,-;
- SS 3 - Fwd L outsd ptr DRW checking,-, rec R comm LF trn,-;
- QQS 4 - Cont LF trn sd & fwd L, cl R to L, sd & fwd L blending to BJO DLW,-;

### **5 - 8 MANEUVER 1 TO BACK; R TIPPLE CHASSE BJO; RUN 4; FACE WALL SLOW SIDE & STOMP;**

- SS 5 - Fwd R outsd ptr comm strong RF trn blending to CP DRW,-, cont RF trn bk L LOD,-;
- QQS 6 - Cont RF trn sd R, cl L to R, cont RF trn fwd R to CP LOD,-;
- QQQQ 7 - Fwd L w/L sd leading, fwd R outsd ptr, fwd L, fwd R outsd ptr in BJO FCING DLW;
- SS 8 - Trng RF sd L LOD to fc ptr & WALL,-, cl R to L as you stomp your foot to make noise ending in CP WALL,-;

### **9-12 SLOW TWIST VINE 2; LEFT TIPPLE CHASSE PIVOT &; BACK,-, BACK RIGHT TIPPLE CHASSE PIVOT &;-;**

- SS 9 - Trng RF sd & bk L LOD,-, XRIB of L (trng RF sd & fwd R LOD,-, XLIF of R) to end in SDCR DRW,-;
- QQS 10 - Trng LF sd L, cl R to L, cont LF trn fwd L LOD pivot 3/8 LF to end CP DRC,-;
- SS 11 - Bk R LOD in CP RLOD,-, bk L comm RF trn,-;
- QQS 12 - Cont RF trn sd R, cl L to R, cont RF trn fwd R LOD pivot 3/8 RF to end CP DRW,-;

### **13-16 BACK,-, PROGRESSIVE CHASSE,-; MANEUVER; PIVOT TO DLW;**

- SS 13 - Bk L DLC still in CP DRW,-, bk R DLC comm LF trn,-;
- QQS 14 - Trng LF sd L & fwd, cl R to L, sd & fwd L to BJO DLW,-;
- SQQ 15 - Fwd R outsd ptr comm RF trn,-, fwd & sd L cont RF trn, cl R to L completing RF trn to end CP RLOD;
- SS 16 - Bk L toeing in pivot 3/8 RF,-, fwd R LOD cont slight RF trn to end CP DLW,-;

## PART B

### **1 - 4 SLOW HOVER TO BJO,-, FWD TO,-; QUICK OPEN REVERSE; SLOW HOVER CORTE;**

- SS 1 - Fwd L,-, sd & fwd R comm LF trn,-;
- SS 2 - Sd & fwd L to BJO DLC,-, fwd R DLC outsd ptr,-;
- SQQ 3 - Fwd comm LF trn,-, cont LF trn sd & bk R, bk L to BJO RLOD;
- SS 4 - Bk R DRC comm LF trn,-, sd & slightly fwd L toe pting DLW,-;

### **5 - 8 ,-, BACK,-; RIGHT CHASSE FACE WALL; CONTRA CHECK HOLD; RECOVER TO FLICKER;**

- SS 5 - Sd & bk R to BJO DLW,-, bk L comm RF trn,-;
- QQS 6 - Sd R, cl L to R, sd R to CP WALL,-;
- s-- 7 - Lower keeping hips up to ptr fwd L in contra body movement w/R sd leading (head well to L)-, hold,-;
- s-- 8 - Recover R bringing feet together quickly,-, rising to 10 toes turn heels out/heels together, turn heels out/heels together;

### **9-12 SLOW HOVER,-, THRU,-; CHASSE TO BJO; MANEUVER 1 & STEP BACK TO;**

- SS 9 - Fwd L,-, sd & fwd R comm LF trn,-;
- SS 10 - Sd & fwd L to SCP LOD,-, thru R,-;
- QQS 11 - Sd & fwd L trng W LF, cl R to L, sd & fwd L to BJO DLW,-;
- SS 12 - Fwd R outsd ptr comm strong RF trn blending to CP DRW,-, cont RF trn bk L LOD,-;

**PART B (CON'T)****13-17 RUNNING BACK LOCKS;; PIVOT 2 FACE WALL; SLOW SIDE DRAW; CLOSE,-, & SPLITS;**

- QQQQ 13 - With R sd leading bk R LOD, lock LIF of R, bk R, bk L;  
 QQS 14 - Bk R, lock LIF of R, bk R,-;  
 SS 15 - Bk L toeing in pivot ½ RF,-, fwd R pivot ¼ RF (fwd R outsd ptr pivot ½ RF,-, bk L pivot ¼ RF) to CP WALL,-;  
 S-- 16 - Sd L,-, slowly draw R to L,-;  
 SQQ 17 - Cl R to L keeping some pressure on L,-, with a slight springing action split the feet apart by moving R ft to R and L ft to L, with a slight springing action bring the feet together again ending with wgt on R (L);

**PART A (1-8)****PART C****1 - 4 CIRCLE AWAY 4 TO FACE;; SLOW SHORTY GEORGE 8 DOWN FOR 4;;**

- SS 1-2 - Releasing ptr circle away LF (RF) twd COH fwd L,-, fwd R,-; Fwd L,-, fwd R trng LF (RF) to fc ptr & WALL,-;  
 SS 3-4 - Small fwd L flexing L knee slightly as you lower L shoulder & point L index finger straight down to floor,-, small fwd R flexing R knee more as you lower R shoulder & point R index finger straight down to floor,-; Small fwd L flexing L knee still more w/same action as above,-, small fwd R flexing R knee further w/same action as above,-;

**5 - 8 AND UP 4 TO BFLY;; VINE 4 TO OPEN; WALK 2 NO HANDS;**

- SS 5-6 - Small fwd L begin to rise slightly as you lower L shoulder & point L index finger straight down to floor,-, small fwd R rise a little more as you lower R shoulder & point R index finger straight down to floor,-; Small fwd L cont to rise w/same action as above,-, now standing up straight cl R to L to BFLY WALL,-;  
 QQQQ 7 - Sd L, XRIB of L, sd L, XRIF of L releasing lead hands;  
 SS 8 - Trng LF fwd L LOD,-, releasing trail hands fwd R to end OPEN LOD nothing touching,-;

**PART D****1 - 4 CHARLESTON POINTS;; DOUBLE CUBAN TOGETHER;;**

- S-- 1-2 - Fwd L,-, pt R fwd & across L,-; Bk R,-, pt L bk & across R then bring hands down low in front of hips palms down,-;  
 QQQQ 3 - XLIF of R twd ptr as both hands swing twd COH palms down, rec R, sd L as both hands swing twd ptr, rec R;  
 QQS 4 - XLIF of R as both hands swing twd COH, rec R, sd L taking hands down to sd palms still down to floor,-;  
**NOTE:** Any arm work can be used for these Double Cubans and is only a suggestion or what we do.

**5 - 8 & APART;; 2 FORWARD LOCKS; ROLL 2 TO FACE;**

- QQQQ 5 - XRIF of L as both hands swing twd ptr, rec L, sd R as both hands swing twd COH, rec L;  
 QQS 6 - XRIF of L as both hands swing twd ptr, rec L, sd R taking hands down to sd palms still down to floor,-;  
 QQQQ 7 - With L (R) sd leading fwd L, lk RIB of L, fwd L, lk RIB of L;  
 SS 8 - Fwd L comm LF trn,-, fwd R trng ¾ LF,-;

**9-12 SLOW SLIDE & VINE TO CLOSE UP; CHASSE 5 & FLICK;;**

- Q-- 9 - Lowering on R to push L sd lunge w/R sway taking both arms out to sd, draw R twd L, over next 3 beats, as you lose R sway end w/R ft still 8-12 inches from L foot;  
 QQS 10 - XRIB of L, sd, XRIF of L blending to CP WALL,-;  
 QQQQ 11 - Sd L, cl R to L, sd L, cl R to L;  
 S-- 12 - Sd L,-, connect knees & flick R ft behind L toward LOD,-;

**13-16 SLOW SIDE & PENDULUM 3;; QUICK VINE 3 TO LINE; SLOW SIDE & STOMP DLW;**

- S&-- 13 - Sd R,-/cl L to R; as R leg swings out to sd,-;  
 &--&-- 14 - /Cl R to L as L leg swing out to sd,-/cl L to R; as R leg swings out to sd,-;  
 QQS 15 - XRIB of L, sd, XRIF of L,-;  
 SS 16 - Sd L toward DLC,-, cl R to L as you stomp your foot to make noise ending in CP DLW,-;

**PART B**

**PART A**

**ENDING**

**1 - 4 SLOW HOVER TELEMARCK TO SCP LOD,-, THRU,-; SEMI CHASSE;  
QUICK LILT TO CHAIR & LOOK;**

- ss 1 - Fwd L,-, fwd & slightly sd R between W's feet trng RF,-;
- ss 2 - Sd & fwd L to SCP LOD,-, thru R,-;
- QQS 3 - Sd & fwd L, cl R to L, sd & fwd L in SCP LOD,-;
- QQQ- 4 - Thru R, small fwd almost cl L to R rising slightly, lower on L to lunge fwd R w/fwd poise, sharply turn heads to look at ptr;

**NOTE:** The timing listed on the side by the measure refers to actual weight changes.