

Get It On

Choreo : Randall Lewis / Debbie Olson (503) 645-9233 rcl831@frontier.com
1596 N.W. Tanasbrook Ct. / Beaverton Oregon 97006-3261

Record : Marvin Gaye (feat Meaghan Trainor) / Artist: Charlie Puth / Amazon Download
https://www.amazon.com/s/ref=nb_sb_ss_i_1_14?url=search-alias%3Ddigital-music&field-keywords=charlie+puth+marvin+gaye+feat.+meghan+trainor&srefix=Marvin+Gaye+fe%2Cdigital-music%2C258&crd=3MJ4ICDGVV24V

Phase : 5 + 1 + 1 (Rock Whip) (Left Circle Pass)

Rhythm: West Coast

Footwork : Opposite Except where noted

Speed: 41.4 rpm (-8% in DM)

release : Jul 2018

Seq - Intro , A B C , A D , B C , A (Mod) , A (Mod) , D , End

Intro - Lop Fcg / LOD - Wait Pick Up Notes ;

---- In Lop Fcg / LOD - Wait Pick Up notes (3 beats) ;

A - Lop Fcg / LOD - Extended Left Side Pass ; ; Tuck and Twirl ; , ,

123&4 {Extended Left Side Pass} (Lop Fcg/LOD) Bk L comm 1/8 LF trn, sm bk R 1/8 LF trn out of slot, leading W to pass sd L/cl R, trng 1/8 LF fwd L

(Fwd R, fwd L, fwd R/cl L, fwd R) ;

123&4 XRIFL, sd and fwd L, (Fwd L, fwd R trng 1/2 LF,) anchor R/L, R (Lop/RLOD) ;

12-4 5&6 {Tuck and Twirl} (Lop Fcg/RLOD) Bk L, bk R bring lead hand in to left shldr lead lady to W Rt sd lead fwd, tap L w/ left shldr back slightly, fwd L w/ left sd lead to lead W's RF twirl (Fwd R, fwd L, tap R, bk and sd R trng RF(twirl) 1/2 to fc ptrn) ; Anchor R/L, R (Lop Fcg/RLOD) ,

Rock Whip , ; ; , , Sugar Push Lady Kick , ; ;

123&4 {Rock Whip} (Lop Fcg/RLOD) Bk L, rec R across L comm RF trn ; cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, fwd L trng RF, bk R/cl L, fwd R) momentary CP / W,

1234 Trng RF strongly on L fwd R RLOD between W's feet, cont RF to rec L face COH ; cont RF trn fwd R LOD between W's feet, cont RF trn rec L face Wall,

123&4 Cont RF trn fwd R RLOD raising joined lead hands, fwd L checking ;

(cont RF trn fwd R between M's feet, bk L completing RF turn to fc M,) Anchor R/L, R (Lop Fcg/RLOD) ,

Anchor R/L, R (Lop Fcg/RLOD) ,

12-4 5&6 {Sugar Push / Lady Kick} (Lop Fcg/RLOD) Bk L, bk R ; Tap L, fwd L (Fwd R, fwd L, kick R across L outside man, bk R) , Anchor Step R/L, R (Lop Fcg/RLOD) ;

B - Lop / RLOD - Chicken Walk 2 Slows ; Left Circle Pass ; ; Chicken Walk 2 Slows ;

1 - 3 - {Chicken Walks 2 Slows} (Lop Fcg/RLOD) Bk L, - , bk R, - ; (Lop Fcg/RLOD)

123&4 {Left Circle Pass} (Lop Fcg/RLOD) Bk L beh R join trailing hnds, sd & fwd R lead W fwd to M's L sd, raise jnd lead hnds over M's head small sd L/cl R, sd L M pass under joined lead hnds (fwd R, fwd L toward M's Lft sd, trng LF 1/2 sd R beh M/XLIB, Sd & fwd R) end in M's wrapped pos W to M's R sd ;

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- 123&4 Release trailing hnds bk R lead W fwd, rec L raise jnd lead hnds to lead W 1.5 LF trn, anchor R/L, R (fwd L, fwd and sd R trng LF 1/2, trng LF 1/2 fwd L /fwd R & sd trng LF 1/2 to face M, small bk L) (Lop Fcg/RLOD) ;
- 1 - 3 - {Chicken Walks 2 Slows} (Lop Fcg/RLOD) Bk L, -, bk R, - ; (Lop Fcg/RLOD)

Tummy Whip w/ Rock 4 ; ; ; Side Break and Hold ;

- 123&4 {Tummy Whip w/ Rock 4} (Lop Fcg/RLOD) Bk L, rec R acrs L comm RF trn plcg R hnd on W's R hip cont RF trn sd L/rec R, sd & fwd L crossing beh W (fwd R, fwd L, fwd R/cl L, bk R) ;
- 1234 Chk fwd R plcg R hnd on W's bk to stop her motion, rec L lead W fwd, chk bk R plcg L hnd on W's L hip to stop her fwd motion, rec L trng RF leading her bk (chk bk L, rec fwd R, chk fwd L, rec bk R) ;
- 123&4 XRIBL comm RF trn, sd & fwd L comp 1/2 RF trn, anchor R/L, R (bk L, bk R, anchor L/R, L jn lead hnds) ; (Lop Fcg/RLOD)
- &1 - - - {Side Break and Hold} (Lop Fcg/RLOD) Sd L/sd R free hnd on hip, - , - , - ; (Lop Fcg/RLOD) (option- lady and /or man may do hip rolls during the 3 hold beats)

C - Lop/ RLOD - Whip w/ Hand Change Behind the Back ; ; Face Loop Sugar Push w/ Rock 2 ; ;

- 123&4 {Whip w/ Hand Change Behind the Back} (Lop Fcg/RLOD) Bk L, rec R acrs L comm RF trn, Cont RF trn sd & fwd L/rec R, sd & fwd L fold W's R arm bhd her bk Man take W's R hnd bhd her back trng RF (W fwd R, fwd L trng RF 1/2, bk R/cl L, fwd R comm trng RF) to mom CP ;
- 123&4 trng RF XRIBL, fwd & sd L, anchor R/L, R (sd & fwd L trng RF 1/2, fwd R trng RF 1/2 , finish RF trn sd & fwd L, sml bk R, rec L) (Handshake Fcg/RLOD) ;
- 12-4 {Face Loop Sugar Push w/ Rock 2} (Handshake Fcg/RLOD) Bk L, bk R slight RF body trn raise jnd R hnds, tap L loop jnd R hnds over M's head placing L hnd at W's R hip, rock fwd L ;
- 123&4 Rec R, release R hands fwd L join lead hnds, anchor R/L, R ; (Lop Fcg/RLOD)

Sugar Push w/ Left Twist 2 ; ; Surprise Whip ; ;

- 12 - 4 {Sugar Push w/ Left Twist 2} (Lop Fcg/RLOD) Bk L, bk R, tap L, fwd and sd L ; (option - may use a Sugar Tuck action)
- 123&4 XRIBL (XLIFR), sd L, anchor step R/L, R (Lop Fcg/RLOD) ;
- 123&4 {Surprise Whip} (Lop Fcg/RLOD) Bk L, rec R trng RF, fwd L/rec R trng RF, fwd L CP (W fwd R, fwd L trng RF bk R/cl L, fwd R) ;
- 123&4 Check thru R leading W to turn RF, rec L lead W fwd under raised ld hands, anchor R/L, R (W swvl sharply on R bk L, rec R trng RF under jnd ld hands fc M, anchor L/R, L) (Lop Fcg/LOD) ;

Repeat A

D - Lop/ RLOD - Wrapped Whip Lady Twirl Out ; ; Sugar Push ; ;

- 123&4 {Wrapped Whip Lady Twirl Out} (Lop Fcg/RLOD) Bk L dble handhold, fwd R raise jnd lead hnds over W's head M trng RF, sd L cont RF trn /cl R, sd & fwd L lower hnds to loose wrapped pos at W's waist man to W's left sd (Fwd R, fwd L, fwd R/cl L, bk R) ;
- 123&4 XRIBL trng RF raise jnd ld hands lead lady to turn RF, sd & fwd L trng RF to fc RLOD, (Bk L trng 1/2 RF under jnd lead hds, fwd R trn 1/2 RF,) anchor R/ L, R ; (Lop Fcg/RLOD)
- 12-4 5&6 {Sugar Push} (Lop Fcg/RLOD) Bk L, bk R, tap L, fwd L; Anchor Stp R/L, R (Lop Fcg/RLOD),

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Sugar Back Double Travel w/ Rolls , ; ; ; ; Side Break 2 Slows ;

- 123&4 {Back Double Travel w/ Rolls} (Lop Fcg/RL0D) Bk L, bk R trng 1/4 LF to Rt hnd star ;
sd L/cl R, sd L trng RF 1/2 ,
123&4 Cont RF trn sd & fwd R trng 1/2 RF, cont RF trn sd & fwd L trng 1/2 RF;
sd R/cl L, sd L trng LF 1/2 ,
1&234 sd L/cl R, sd L trng RF 1/2 ; cont RF trn sd & fwd R trng 3/8 RF, cont RF trn sd & fwd L
trng 3/8 RF,
1&2 Anchor step R/L, R (Lop Fcg/RL0D) ;
&1- &3- {Side Break 2 Slows} (Lop Fcg/RL0D) Keeping ld hnds jnd trail hds on hip sd L/sd R, - ,
tog L/cl R to L, - (Lop Fcg/RL0D) ;

Repeat B - Repeat C

A (Mod) - Lop Fcg / LOD - Extended Left Side Pass ; ; Tuck and Twirl ; , ,

Repeat part A meas 0-3.5

Cheek to Cheek ~ Under Arm Turn ; ; ; Sugar Push Lady Kick , ; ;

- 12-4 5&6 {Cheek to Cheek} (Lop Fcg/RL0D) Bk L, rec R comm trng RF; swvl RF on R lift up touching
M's L hip to W's R hip, XLIF of R swvlng LF to fc ptr; anchor R/L, R
(W fwd R, fwd L comm trng LF; swvl LF on L lift up touching R hip to M's L hip, XRIF of L
swvlng RF to fc ptr, anchor L/R, L) (Lop Fcg/ RL0D) ;
123&4 5&6 {Under Arm Turn} (Lop Fcg/RL0D) Bk L, fwd & acrs R to W's R sd comm RF trn raise jnd
ld hnds to lead ptr under psng M Rt sd, cont RF trn sd L/rec R, fwd L to fc ptr; anchor R/L, R
(fwd R, fwd L under jnd ld hnds comm trng LF; cont LF trn sd R/XLIF, sd & bk R trng to fc
LOD, anchor L/R, L) (Lop Fcg/LOD) ,
Repeat part A meas 6.5-8

Repeat A (Mod)

Repeat D (opposite facing directions)

End - Lop Fcg/ LOD - Whip Turn ; ; Side Break 2 Slows ; In In ;

- 123&4 {Whip Turn} (Lop Fcg/LOD) Bk L, XRIFL moving twd R sd of W blend loose CP swivel
1/4 RF on R, sd L/rec R trng 1/4 RF, fwd L CP ; XRIBL comm RF trn, sd & fwd L comp
1/2 RF trn, anchor R/L, R (Fwd R, fwd L trn 1/2 RF, bk R/cl L, fwd R btwn M's ft to CP ;
On R swvl sharply 1/2 RF bk L, bk R, anchor L/R, L) (Lop Fcg/LOD) ;
&1- &3- {Side Break 2 Slows} (Lop Fcg/LOD) Keeping ld hnds jnd trail hds on hip sd L/sd R, - ,
tog L/cl R to L, - (Lop Fcg/LOD) ;
&1 - - - {In In} (Lop Fcg/LOD) Lift slightly stp fwd L twd ptr trng lead shldr twds ptr/cl R to L, - , - , - ;

Notes:

Dance Routine Title - Get It On

Original Song Title - Marvin Gaye (feat Meaghan Trainor) / Artist: Charlie Puth

Lyrics say - Let's Marvin Gaye and Get It On

GET IT ON

5 + 1 + 1 West Coast

41.4 (-8%)

Seq - Intro , A B C, A D , B C, A (Mod) , A (Mod) , D , End

Intro - Lop Fcg / LOD -

wait 3 pick up beats ;

A - Lop Fcg / LOD - Extended Left Side Pass ; ; Tuck and Twirl ; , ,
Rock Whip , ; ; , , Sugar Push Lady Kick , ; ;

B - Lop Fcg / RLOD - Chicken Walk 2 Slows ; Left Circle Pass ; ;
Chicken Walk 2 Slow ; Tummy Whip w/ rock 4 ; ; ; Side Break and Hold ;

C - Lop Fcg / RLOD - Whip with Hand Change Behind the Back ; ;
Face Loop Sugar Push w/ Rock 2 ; ;
Sugar Push w/ Left Twist 2 ; ; Surprise Whip ; ;

A - Lop Fcg / LOD - Extended Left Side Pass ; ; Tuck and Twirl ; , ,
Rock Whip , ; ; , , Sugar Push Lady Kick , ; ;

D - Lop Fcg / RLOD - Wrapped Whip / Lady Twirl Out ; ; Sugar Push ; , ,
Sugar Back Double Travel w/ Rolls , ; ; ; Slow Side Breaks ;

B - Lop Fcg / RLOD - Chicken Walk 2 Slows ; Left Circle Pass ; ;
Chicken Walk 2 Slow ; Tummy Whip w/ rock 4 ; ; ; Side Break and Hold ;

C - Lop Fcg / RLOD - Whip with Hand Change Behind the Back ; ;
Face Loop Sugar Push w/ Rock 2 ; ;
Sugar Push w/ Left Twist 2 ; ; Surprise Whip ; ;

A (Mod) - Lop Fcg / LOD - Extended Left Side Pass ; ; Tuck and Twirl ; , ,
Cheek to Cheek , ; ; Under Arm Turn ~ Sugar Push Lady Kick ; ; ;

A (Mod) - Lop Fcg / LOD - Extended Left Side Pass ; ; Tuck and Twirl ; , ,
Cheek to Cheek , ; ; Under Arm Turn ~ Sugar Push Lady Kick ; ; ;

D - Lop Fcg / LOD - Wrapped Whip / Lady Twirl Out ; ; Sugar Push ; , ,
Sugar Back Double Travel w/ Rolls , ; ; ; Slow Side Breaks ;

End - Lop Fcg / LOD - Whip Turn ; ; Slow Side Breaks ; Slow In In and Hold ;

Choreo - Lewis, Randy / Olson, Debbie

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