

GET RHYTHM

LEVEL: Advanced **GENRE:** Country/Rockabilly
MUSIC: Martin Delray CD Get Rhythm
CHOREO: Jean Watford **EMAIL:** watforjean@gmail.com
SPEED: Slow down as needed. **LENGTH:** 2.45mins
SEQUENCE: INTRO A BRK B C INTRO B A C END
WAIT: 16 beats Left foot lead



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Quick Cues

Intro (16 beats)

16 2 Clogover Break Dig (L & R)

Part A (32 Beats)

8 Tennessee Swing Rock
 4 Buck Joey
 4 Lori Pivot (1/2 L)
 8 Tennessee Song
 8 Snake Pivot (1/2 R)

Break (2 Beats)

2 2 Toe Heel

Part B (32 Beats)

8 Tennessee Trouble Down
 8 Liberty (1/2 L)
 4 Crimp Down
 4 Double Hey Ray
 8 MJ Farside (1/2 L)

Part C (30 Beats)

4 Gallops
 4 Flat Stomp Double
 8 Sophie Vine
 4 Rock Synco Cross
 4 Daydream Buck
 4 Chasin' The Heel
 2 2 Stomp

Intro (16 Beats)

16 2 Clogover Break Dig (L & R)

Part B (32 Beats)

8 Tennessee Trouble Down
 8 Liberty (1/2 L)
 4 Crimp Down
 4 Double Hey Ray
 8 MJ Farside (1/2 L)

Quick Cues

Part A (32 Beats)

8 Tennessee Swing Rock
 4 Buck Joey
 4 Lori Pivot (1/2 L)
 8 Tennessee Song
 8 Snake Pivot (1/2 R)

Part C (30 Beats)

4 Gallops
 4 Flat Stomp Double
 8 Sophie Vine
 4 Rock Synco Cross
 4 Daydream Buck
 4 Chasin' The Heel
 2 2 Stomp

End (64 Beats)

8 Clogover Switch
 4 Gallops
 4 Flat Stomp Double (1/4 R)
 4 Rock Synco Cross
 4 Daydream Buck
 4 Gallops
 4 Flat Stomp Double (1/4 R)
 4 Rock Synco Cross
 4 Daydream Buck
 4 Gallops
 4 Flat Stomp Double (1/2 R)
 4 Rock Synco Cross
 4 Daydream Buck
 8 Tennessee Swing Rock



Step Definitions - Get Rhythm

CLOGOVER BREAK DIG:

DS (OTS)	DS (XIF)	DS (OTS)	DS (XIB)	DS DT (XIF)	FLA/S (XIF)	(P)	BO/HD	BO/HD	SL/LIFT
L	R	L	R	L R	L /R		L/R	L/R	L/R
&1	&2	&3	&4	&5 &	6	&	7	&	8

TENNESSEE SWING ROCK:

DS TnDn (XIF)	RS TnDn (XIF)	RS	TnUp-TnDn (XIF)	RS
L R	LR L	RL	R R	LR
&1 e&a2	&3 e&a4	&5	e&a6 e&a7	&8

CRIMP DOWN:

DS BA BA H H RS TnDn
L R L R L RL R
&1 e & a 2 &3 e&a4

Step Definitions cont'd - Get Rhythm

BUCK JOEY:

DBL-BA T-BA (XIB) H-BA (OTS) H-BA (OTS) T-BA (XIB) H-BA (BS) H-BA
L L R R L L R R L L R R L L
&a 1 e & a 2 e & a 3 e & a 4

LORI PIVOT: (In this dance PVT 1/2 L)

DS DT H DS (XIB) [H(WGT)/H(WGT)] (PVT) FL/LIFT
R L R L L/R L/R
&1 & 2 &3 & 4

DOUBLE HEY RAY:

DS TnDn BA DBL-BA (BK) RS
L R L R R LR
&1 e&a2 & a3 e &4

TENNESSEE SONG:

(P) S TnDn-DR S TnDn-DR S TnDn S TnDn S
R L L R L L R L R L R
& 1 e&a2 & 3 e&a4 & 5 e&a6 & a7e& 8

FLAT STOMP DOUBLE:

(P) STO TnDn TnDn RS
R L R LR
& 1 e&a2 e&a3 &4

SNAKE PIVOT: (In this dance PVT 1/2 R)

DS H(WGT TW) H-BA R (BK) S TnDn R H(WGT) PVT (R) S TnDn RS
L R L L R L R L R R L R LR
&1 & a 2 & 3 e&a4 & 5 & 6 e&a7 &8

TOE HEEL:

T-H
L L
& 1

TENNESSEE TROUBLE DOWN:

DS TnUp-TnDn TnUp-T-BA H-S TnDn T-BA H-S TnDn
L R R L L L R R L R R L L R
&1 e&a2 e&a3 e&a4 e & a 5 e&a6 e & a 7 e&a8

DAYDREAM BUCK:

DS TnUp-TnDn T-BA H-BA
L R R L L R R
&1 e&a2 e&a3 e & a 4

LIBERTY: (in this dance turn 1/2 L on Beats e& a 2 & 3 e& a 4 &)

DBL-BA DBL HOP TT (BK) TT (BK) BA DBL HOP TT (BK) TT (BK) BA DBL HOP TT (BK) BA DBL
L L R L R R R L R L L L R L R L
&a 1 e& a 2 & 3 e& a 4 & 5 e& a 6 & a 7
HOP TT (BK) SL
R L R
e & 8

MJ FAR SIDE: (In this dance turn 1/2 L on Beats 4 & 5)

DS DS (XIB) R S (OTS) (P) S R BA DBL (F) HOP DBL (OTS) HOP T-BA DBL HOP TCH
L R L R L R L R L R L R R L R L
&1 &2 & 3 & 4 & 5 e& a 6e & a 7 e& a 8

GALLOPS:

DS BA (OTS) T-BA BA (OTS) T-BA BA (OTS) T-BA
L R L L R L L R L L
&1 & a 2 & a 3 & a 4

ROCK SYNCO CROSS:

RS TnDn (XIF) S TnDn (OTS) S (XIF)
LR L R L R
&1 e&a2 & a3e& 4

SOPHIE VINE:

DS TnDn (XIF) T-BA H-BA (XIF) T-BA H-BA (XIF) TnDn (OTS) T-BA H-BA (OTS)
L R L L R R L L R R L R R L L
&1 e&a2 e & a 3 e & a 4 e&a5 e & a 6
DR (SWING R LEG) S (XIF) RS
L R LR
& 7 &8

CHASIN' THE HEEL:

DS TCHH-H (WGT) TCHH (F) BA (BK) SLAP-BA (BK) H-BA (F) SK HOP H-S (XIF)
L R R L L R R L L R L R R
&1 e & a 2 e & a 3 e & a 4

STOMP:

(P) STO
L
& 1

CLOGOVER SWITCH:

DS (OTS) DS (XIF) DS (OTS) DS (XIB) DS (OTS) DS (XIF) DT-BA/HD HD/BA LIFT/SL
L R L R L R L L/R L/R L/R
&1 &2 &3 &4 &5 &6 &a 7 & 8