

And Get It On

Competition Step Sheet

DIVISION: Novice

Description: 32 Counts, 4 Walls, Cha Cha, Non-Country
Choreographer: Daniel Trepas & Jose Miquel Belloque Vane
Music: Marvin Gaye (feat. Meghan Trainor) by Charlie Puth
Count-in: 32 Count Intro



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- 1-9 Side, Together, 1/8 turn R step fwd, Cha Cha R fwd, Syncopated half diamond**
- 1,2,3 Step L to L side (1), Step R next to L (2), 1/8 turn R stepping L fwd (face 1:30)
4&5 Step R forward (4), Lock L behind R (&), Step R forward (5) (face 1:30)
6&7 Step L forward (6), 1/8 turn L stepping R to R side (&), 1/8 turn L stepping L back (7) (face 10:30)
8&1 Step R back (8), 1/8 turn L stepping L to L side (&), 1/8 turn L stepping R forward (1) (face 7:30)
- 10-17 Step fwd, 1/2 turn L, Cha Cha back, Rockstep, Cha Cha fwd**
- 2,3 Step L forward (2), 1/2 turn L stepping R back (3) 1:30
4&5 Step L back (4), Lock R in front of L (&), Step L back (5) 1:30
6,7 Rock R back (6), Recover on L (7) 1:30
8&1 Step R forward (8), Lock L behind R (&), Step R forward (1) (face 1:30)
- 18-24 Hold, Extended cha fwd, Ball lock, unwind 7/8 turn R, Side, Touch, Hold**
- 2&3&4 Hold (2), Lock L behind R (&), Step R forward (3), Lock L behind R (&), Step R forward (4) (face 1:30)
&5,6 Step L forward (&), Lock R behind L (5), Unwind 7/8 turn R (weight ends on L) (6) (face 12:00)
&7,8 Step R to R side (&), Touch L to L side (7), Hold (8) (face 12:00)
- 25-32 1/4 turn L, Flick, Step fwd, Spiral Turn L, Step fwd, 1/4 turn L, Side, 1/8 turn L, Together, Hold, 3x heel bounces and 1/8 turn L**
- 1,2 1/4 turn L stepping L forward & flicking R back (1), Step R forward (2) (face 9:00)
3 Full turn Spiral turn L (weight ends on R) (3) (face 9:00)
option on count 3 for Silver & Gold dancers - Touch LF to L side
4&5 Step L forward (4), 1/4 turn L step R to R side (&), 1/8 turn L stepping L next to R (5) (face 4:30)
6,7&8 Hold (6), Bounce both heels (7), Bounce both heels (&), Bounce both heels (8)
On 7&8, while doing the heel bounces, turn a 1/8 turn L (face 3:00)

Begin again ☺