



And Get It On

32 Count, 4 Wall, Intermediate

Choreographer: Daniel Trepas (NL) & Jose Miquel Belloque Vane (NL)

March 2015

Choreographed to: Marvin Gaye by Charlie Puth ft. Meghan Trainor

Intro: 32 counts from first beat in music (app. 25 sec. into track)

Side, Together, 1/8 turn R step fwd, Cha Cha R fwd, Syncopated half diamond

1–3 Step L to L side (1), Step R next to L (2), 1/8 turn R stepping L forward 1:30

4&5 Step R forward (4), Lock L behind R (&), Step R forward (5) 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) 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) 7:30

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) 1:30

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) 1:30

&5–6 Step L forward (&), Lock R behind L (5), Unwind 7/8 turn R (weight ends on L) (6) 12:00

&7–8 Step R to R side (&), Touch L to L side (7), Hold (8) 12:00

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) 9:00

3 Full turn Spiral turn L (weight ends on R) (3) 9:00

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) 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 3:00