

# 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

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**Step Definitions cont'd - Get Rhythm**

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**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 L R 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 FARSIDE: (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