

Get Involved

32 Count, 2 Wall, Intermediate

Choreographer: Paul McAdam (UK) Mar 2009

Choreographed to: Dance Wiv Me by Dizzee Rascal

Feat Calvin Harris

Start On The Vocals Approximately 32 Counts into song

1-8 Hook, Kick Ball Step, ½ Turn X2, Right Shuffle, Step Out Rock

- &a1 Kick left foot forward, hook left foot across right shin, kick left foot forward
&2 Step back on ball of left foot, step forward on right foot
3 Pivot a ½ turn left and keep weight on right foot
4 Make another ½ turn left and step left foot forward
5&6 Right shuffle forward
7&8 Step left foot forward, rock right foot out to right side, step left foot slightly to left side

9-16 Kick, Cross, Touch & Rock Side, Full Turn, & Together X2

- 1&2 Kick right foot across left foot, cross right foot over left foot, touch left toe behind right foot
&3,4 Step down on left foot, rock right foot out to right side, recover weight onto left
5&6 Make a ½ turn LEFT and step right foot to right side, make ½ turn left and step left to left side, touch right toe next to left
&7 Step right foot small step to right side, step left foot next to right
&8 Step right foot small step to right side, step left foot next to right

17-24 Side Rock Behind, ¼ Turn, ½ Turn, Coaster Step, Sailor ¼ Turn Cross

- 1&2 Rock right foot to right side, recover weight onto left foot, cross right foot behind left foot
3,4 Make a ¼ turn left and step left foot forward, make a ½ turn left and step right foot back
5&6 Left coaster step
7&8 Step back on right, step left foot next to right, make a ¼ turn right and cross right foot over left

25-32 Ball -Cross-Side Rock, Together -Touch X2, Sailor Step

- &1&2 Step left foot to left side, cross right over left, step back on left foot, step right foot to right side
&3 Step left foot together, touch right toe to right side
4&5 Cross right foot over left, step back on left foot, step right foot to right side
&6 Step left foot together, touch right toe to right side
7&8 Right Sailor step

Start Again And Enjoy!

Music download available from iTunes
