

# Get Back

**Music By: Nitty Gritty Dirt Band**



From the CD *Welcome to Woody Creek*  
CD ASIN: B0002V4S3M  
Track Time: 2:25

**Choreo by: Stacy DeWitt, CCI**

9 American Legion Place  
Greenfield, IN 46140  
317-467-0156

[director@idfstudio.com](mailto:director@idfstudio.com)

## Intermediate Line Dance

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Wait 12 Beats and Start with Your Left Foot

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**Sequence: A – B – C – A\* – B – C – A\* – Break – A**

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### Part A (20 beats)

#### Toe Heel Rock Steps

TH – RS (xib) – TH – RS (xib)  
LL RL RR LR

#### Traveling Shoes & Triple

DS – H – H – H – H – H – H (Turn ¼ left), DS – DS – DS – RS (Turn ¼ left)  
R R L R L R L R L R LR

#### Double Up & Triple

DS – DBL/H – DBL/H – DBL/H (Turn ¼ left), DS – DS – DS – RS (Turn ¼ left)  
L R L R L R L R L R LR

**A\* - Repeat the Traveling Shoes, Triple, Double Up & Triple. Do NOT turn on the triples – you are making a box.**

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### Part B (32 beats)

#### Vine Basic

DS – DS (xif) – DS (ots) – DS (xib) – S – RS – DS – RS  
L R L R L RL R LR

#### Pump Touch

DS – BR – H – TCH (xif) – H – TCH (ots) – H  
L R L R L R L

#### Push-Off

DS – RS – RS – RS (Turn ½ to the right to face the back)  
R LR LR LR

**Repeat footwork to face the front**

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### Part C (32 beats)

#### Get Back

DS – DBL/H – H (TOE UP) – RS, DS – DBL/H – H (TOE UP) – RS  
L R L L RL,R L R R LR

#### Cowboy

DS – DS – DS – BR – H – DS – RS – RS – RS (Moving forward and back)  
L R L R L R LR LR LR

**Repeat Footwork**

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### Break (8 beats)

#### Samantha

DS – DS – DR – S – DR – S – RS – DS – DS – RS  
L R R L L R LR L R LR

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### Key

H – Heel  
T – Toe  
S – Step

DS – Double Step  
RS – Rock Step  
BR – Brush

DR – Drag  
TCH – Touch  
DBL – Double

xif – cross in front

xib – cross in back

ots – out to the side

L – Left

R – Right