

Come And Get It



Choreographers:	Release date: August 2016
Annette & Frank Woodruff	Rhythm & Phase: MIXED IV (Cha-Rumba-Two Step/Merengue)
	Music: John Newman – MP3 from Amazon or others
Rue du Camp, 87 7034 Mons, Belgium	Time & Speed: 3:04 as downloaded. Unchanged speed.
	Footwork: Opposite except where indicated (W's footwork in parentheses)
annetteandfrank@gmail.com	Sequence: Intro – AB – Bridge – ABC – BB - Ending

INTRODUCTION - RUMBA

1	Wait ;	BFLY WALL trl ft free wait 1 meas ;
2	Aida ;	Thru R, trng RF to fc sd L & drop trl hnds, contg RF trn bk & sd R to V-BK-TO-BK DRC (<i>W DRW</i>), - ;
3	Switch Cross to Low BFLY ;	Trng LF bk & sd L to fc ptr, rec R to Low BFLY, XLif (<i>W XRif</i>), - ;
4	Cucaracha R ;	Sd R w/ partial wgt, rec L, cl R, - ;

PART A – CHA CHA

1 - 2	½ Basic to Facing Fan ;;	Blendg to CP fwd L, rec R, sd L/cl R, sd L; bk R, rec L trng ¼ LF relg R hnd & gently pushg W away, fwd & sd R/cl L, fwd & sd R (<i>W fwd L into M, rec R trng ¼ LF & relg L hnd, bk L, lk Rif, bk L</i>) to LOP-FCG LOD;
3 - 4	½ Basic to Facing Fan ;;	Fwd L, rec R (<i>W fwd R, fwd L</i>), sd L/cl R, sd L to mom CP ; bk R, rec L trng ¼ LF relg R hnd & gently pushg W away, fwd & sd R/cl L, fwd & sd R (<i>W fwd L into M, rec R trng ¼ LF & relg L hnd, bk L, lk Rif, bk L</i>) to LOP-FCG COH ;
5 - 6	Chase with Underarm Pass ;;	Fwd L trng RF ½ keepg ld hnds jnd, rec R, fwd L/cl R, fwd L (<i>W bk R, rec L, fwd R/cl L, fwd R twd M's L sd</i>) ; bk R raisg ld hnds ldg W to trn LF, rec L, sd R/cl L, sd R (<i>W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L/cl R, sd L</i>) to LOP-FCG WALL;
7	New Yorker ;	XLif (<i>W XRif</i>) w/ straight leg to LOP RLOD, rec R to fc, sd L/cl R, sd L ;
8	Spot Turn ;	Relg hnds & swvlg ¼ LF on L ft fwd R trng LF ½, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R ;
9	Hand to Hand in 4 ;	Swvlg sharply on ball of R ft XLib (<i>W XRib</i>) trng to OP LOD, rec R to BFLY WALL, sd L, rec R ;
10	Hand to Hand ;	Swvlg sharply on ball of R ft XLib (<i>W XRib</i>) trng to OP LOD, rec R to BFLY WALL, sd L/cl R, sd L ;
11	New Yorker in 4 ;	Swvlg sharply on ball of L ft XRif (<i>W XLif</i>) trng to OP LOD, rec L to BFLY WALL, sd R, rec L ;
12	New Yorker ;	Swvlg sharply on ball of L ft XRif (<i>W XLif</i>) trng to OP LOD, rec L to BFLY WALL, sd R/cl L, sd R ;
13	Hand to Hand in 4 ;	Repeat meas 9-10 Part A ;;
14	Hand to Hand ;	
15	Start Crab Walks ;	XRif (<i>W XLif</i>), sd L, XRif (<i>W XLif</i>)/sd L, XRif (<i>W XLif</i>) ;
16	Side Cross Rock Side Recover ;	Sd L, XRif (<i>W XLif</i>), sd L, rec R ;

PART B – CHA CHA

1 - 2	Break to Triple Cha ;;	XLib (<i>WXRib</i>) trng to OP LOD, rec R, fwd L /lk Rib (<i>Wlk Lib</i>), fwd L ; fwd R /lk Lib (<i>Wlk Rib</i>), fwd R , fwd L/lk Rib (<i>Wlk Lib</i>), fwd L ;
3 - 4	Aida to Back Triple Cha ;;	Thru R, sd L trng ½ RF, bk R/lk Lif (<i>Wlk Rif</i>), bk R ; bk L/lk Rif (<i>Wlk Lif</i>), bk L, bk R/lk Lif (<i>Wlk Rif</i>), bk R to V-BK-TO-BK ;;
5 - 8	Switch Rock to Triple Cha Forward & Back ;;;	Sd & bk L to fc ptr, rec R trng to OP LOD, fwd L /lk Rib (<i>Wlk Lib</i>), fwd L ; fwd R /lk Lib (<i>Wlk Rib</i>), fwd R , fwd L/lk Rib (<i>Wlk Lib</i>), fwd L ; fwd R, rec L, bk R/lk Lif (<i>Wlk Rif</i>), bk R ; bk L/lk Rif (<i>Wlk Lif</i>), bk L, bk R/lk Lif (<i>Wlk Rif</i>), bk R ;

BRIDGE – CHA CHA

1	Hand to Hand with Side Close ;	Bk L, rec R to Low BFLY, sd L, cl R ;
---	--------------------------------	---------------------------------------

Repeat Parts A & B

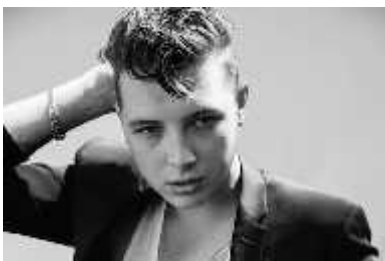
PART C – TWO STEP/MERENGUE

1	Break to Back-To-Back & Side Close;	[6 Beats in This Measure] Bk L, rec R to OP LOD, fwd L/cl R, fwd L trng ¼ LF to BK-TO-BK, sd R, cl L ;
2	Vine 3 to BFLY ;	Sd R, XLib (<i>WXRib</i>), sd R & swvl ½ RF on R ft to Low BFLY WALL, - ;
3	Merengue Basic ;	Starting each side step w/ insd edge of ft sd L, cl R, sd L, cl R ;
4	Vine 3 to Back-To-Back ;	Sd L, XLib (<i>WXRib</i>), sd L & swvl ½ LF on L ft to BK-TO-BK, - ;
5	Merengue Basic ;	Starting each side step w/ insd edge of ft sd R, cl L, sd R, cl L ;
6	Vine 3 to BFLY ;	Repeat meas 2-3 Part C ;;
7	Merengue Basic	
8	Roll 2 to BFLY & Merengue Basic ;	[6 Beats in This Measure] Dropping hnds roll LF twds LOD (<i>WRF</i>) L, R to Low BFLY WALL, & starting each side step w/ insd edge of ft sd L, cl R, sd L, cl R ;

Repeat Part B 2x

ENDING - RUMBA

1	Hand to Hand ;	XLib (<i>WXRib</i>) trng to OP LOD, rec R Low BFLY, sd L, - ;
2	Aida ;	Repeat meas 2-3 Intro ;;
3	Switch Cross ;	
4	Cucaracha Close Point ;	Sd R w/ partial wgt, rec L/cl R, pt L to sd, - ;



John Newman is an English singer, songwriter, musician and record producer born in Yorkshire in June 1990. When Newman was six, his father left the family, leaving his mother Jackie, his older brother James, and him with a pound a day. He started playing guitar and writing his own songs at the age of 14 and learned how to record and produce himself. At 20 he moved from Leeds to London, started a band and was signed to Island Records. In 2014, he had sold over 1.3 million records in the UK alone. On 1 June 2015, Newman released "Come and Get It", the first single from his second studio album named *Revolve*.

COME AND GET IT – WOODRUFF – MX IV – 3:04 – JOHN NEWMAN

INTRO (Rumba - 4 meas)

LOW BFLY WALL Wait 1 Trail Ft Free ; Aida ; Switch Cross ; Cucaracha R ;

PART A (Cha – 16 meas)

½ Basic to Facing Fan 2x ;;;

Chase w/ Underarm Pass ;; New Yorker ; Spot Turn ;

Hand to Hand in 4 ; Hand to Hand ; New Yorker in 4 ; New Yorker ;

Hand to Hand in 4 ; Hand to Hand ; Start Crab Walks ;

Side Cross Rock Side Recover ;

PART B (Cha – 8 meas)

Break to Triple Cha ;; Aida to Back Triple Cha ;;

Switch Rock to Triple Cha Forward & Bk ;;;

BRIDGE (Cha - 1 meas)

Hand to Hand w/ Side Close ;

PART A (Cha – 16 meas)

½ Basic to Facing Fan 2x ;;;

Chase w/ Underarm Pass ;; New Yorker ; Spot Turn ;

Hand to Hand in 4 ; Hand to Hand ; New Yorker in 4 ; New Yorker ;

Hand to Hand in 4 ; Hand to Hand ; Start Crab Walks ;

Side Cross Rock Side Recover ;

PART B (Cha – 8 meas)

Break to Triple Cha ;; Aida to Back Triple Cha ;;

Switch Rock to Triple Cha Forward & Bk ;;;

PART C (2-Step/Merengue - 8 meas)

Break to BK-TO-BK & Side Close ;,, Vine 3 to BFLY ; Merengue Basic ;

Vine 3 to BK-TO-BK ; Merengue Basic ; Vine 3 to BFLY ; Merengue Basic ;

Roll 2 to BFLY & Merengue Basic ;,,

PART B (Cha – 8 meas)

Break to Triple Cha ;; Aida to Back Triple Cha ;;

Switch Rock to Triple Cha Forward & Bk ;;;

PART B (Cha – 8 meas)

Break to Triple Cha ;; Aida to Back Triple Cha ;;

Switch Rock to Triple Cha Forward & Bk ;;;

ENDING (Rumba – 4 meas)

Rumba Hand to Hand ; Aida ; Switch Cross ; Cucaracha Close Point ;