GET YOURSELF TO TULLY

SONG: GET YOURSELF TO TULLY
ALBUM: COLIN BUCHANAN
ORIGINAL POSITION: FEET TOGETHER WEIGHT ON LEFT FOOT
CHOREOGRAPHER: PAUL M^{C}QUEEN
DATE: 16th May 2025
LEVEL: IMPROVER / EASY INTERMEDIATE

BEATS	STEPS: THIS DANCE IS DONE IN FOUR DIRECTIONS. THE INTRODUCTION IS 16 COUNTS.
	FORWARD "V" STEP, REVERSE "V" STEP
1, 2	"V" STEP: STEP R FORWARD AT 45^{o} RIGHT, STEP L FORWARD AT 45^{o} LEFT,
3, 4	STEP R BACK TO THE CENTRE, STEP L TOGETHER,
5, 6	"V" STEP BACKWARD: STEP R BACKWARD - 45^{o} RIGHT, STEP L BACKWARD - 45^{o} LEFT,
7, 8	STEP R FORWARD TO THE CENTRE, STEP L TOGETHER.
	CROSS ROCK, SIDE SHUFFLE ¼ RIGHT, SHUFFLE FORWARD, TOUCH L TOE BEHIND R
1, 2	CROSS ROCK R OVER L, RECOVER ON L, (12.00)
3 & 4	SIDE SUFFLE: R-L-R ¼ TURN RIGHT, (3.00)
5 & 6	SHUFFLE FORWARD: L-R-L,
7, 8	STEP R FORWARD, TOUCH L TOE BEHIND R. (3.00)
	BACK, LOCK, BACK-LOCK-BACK, BACK, LOCK, BACK-LOCK-BACK
1, 2	STEP L BACKWARD, CROSS R OVER L,
3 & 4	LOCK STEP DIAGONALLY BACKWARD: L-R-L,
5, 6	STEP R BACKWARD, CROSS L OVER R,
7 & 8	LOCK STEP DIAGONALLY BACKWARD: R-L-R. (3.00)
	VINE LEFT & TOUCH, TOUCH HITCH, TOUCH HITCH
1, 2	STEP L TO THE LEFT SIDE, STEP R BEHIND L,
3, 4	STEP L TO THE LEFT SIDE, TOUCH R TOE TOGETHER,
5, 6	TOUCH R TOE TO THE RIGHT SIDE, HITCH R KNEE ACROSS IN FRONT OF BODY,
7, 8	TOUCH R TOE TO THE RIGHT SIDE, HITCH R KNEE ACROSS IN FRONT OF BODY. (3.00) (STYLING: SLAP LEFT HAND ACROSS R KNEE)
32	**REPEAT THE DANCE IN THE NEW DIRECTION**
ENDING SEQUENCE	COMPLETE THE FIRST 8 COUNTS, TURNING ¼ RIGHT TO FINISH WITH A POSE. (12.00)
3 TAGS	TAGS:
	(1) AT THE END OF WALL 1 ADD THE FOLLOWING:
1, 2	ROCKING CHAIR: STEP R FORWARD, ROCK BACK ONTO L,
3, 4	STEP R BACK, ROCK FORWARD ONTO L.
	(2) AT THE END OF WALL 4 ADD THE FOLLOWING:
1, 2	JAZZ BOX: STEP R ACROSS IN FRONT OF L, STEP L BACK,
3, 4	STEP R TO THE SIDE, STEP L IN FRONT OF R.
	(3) AT THE END OF WALL 7 ADD THE FOLLOWING:
1, 2	SIDE TOUCHES: STEP R TO THE RIGHT SIDE, TOUCH L NEXT TO R,
3, 4	STEP L TO THE LEFT SIDE, TOUCH R NEXT TO L.
1 RESTART	ON WALLS 3 DANCE TO COUNT 8 AND RESTART THE DANCE
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