

Get Up

LINEDANCE.COM

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Marja Urgert & Marianne v/d Toorn Vrijthoff (July 2019)

Music: Get Up "By" Captain Jack

Intro: 32 Counts

Side Rock, Recover, Kick & Point, Jazz Box Cross

1-2RF. Rock to R side - LF. Recover

3&4RF. Kick fwd - RF. Step beside LF - LF. Point to R side

5-6-7-8LF. Cross over RF - RF. Step back - LF. Step to L side - RF. Cross over LF

1/4 Turn R, Side, Cross, Hold, & Cross Behind, Hold, & Cross Rock, Recover

1-2-3-4LF. 1/4 Turn R step back - RF. Step to R side - LF. Cross over RF - Hold (3:00)

&5-6RF. Step to R side - LF. Cross behind RF - Hold

&7-8RF. Step to R side - LF. Cross rock over RF - RF. Recover

(&) Cross, Hold, & Behind, Hold, & Cross Rock, Recover, Chasse 1/4 Turn R

&1-2LF. Step to L side - RF. Cross over LF - Hold

&3-4LF. Step to L side - RF. Cross behind LF - Hold

&5-6LF. Step to L side - RF. Cross rock over LF - LF. Recover

7&8RF. Step to R side - LF. Step together - RF. 1/4 Turn R step fwd (6:00)

Kick & Point, Sailor 1/4 Turn R, Hip Bumps, Step fwd, Pivot 1/2 Turn L

1&2LF. Kick fwd - LF. Step beside RF - RF. Point toe to R side

3&4RF. Cross behind LF with a 1/4 turn R - LF. Step beside RF - RF. Step fwd (9:00)

5&6LF. Touch toe fwd and bump hips fwd - Bump hips back - Bump hips fwd (weight on LF)

7-8RF. Step fwd - Pivot 1/2 turn L (3:00)

Start Again

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=134554