

# The Git Up (C)

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**Count:** 64      **Wall:** —      **Level:** Improver Contra

**Choreographer:** Brandon Zahorsky & Stacy Zahorsky (July 2019)

**Music:** The Git Up by Blanco Brown (iTunes)

**Start by finding a Partner and stand about 4 feet from them face to face**

**Triple Forward Diagonal, Triple Forward Diagonal, Back Touch x 4**

**1&2**      Step R diagonal forward (1), Step L next to R (&), Step R diagonal forward (2)

**3&4**      Step L diagonal forward (3), Step R next to L (&), Step L diagonal forward (4)

**This is where you would put your hands up to hip level and push your hands forward in the direction of you shuffling**

**5&6&**      Step R diagonal back (5), touch L next to R (&), Step L diagonal back (6), Touch R next L(&)

**7&8&**      Step R diagonal back (5), touch L next to R (&), Step L diagonal back (6), Touch R next L(&)

**Full Turn - 1/4 Turn x 4**

**1-8**      Step R forward (1), Pivot 1/4 turn over L shoulder (2) Repeat x 4 to end back on 12:00

**While making the full turn, swing your arm above your head as if you are swinging a lasso**

**Cross Triple, Body Roll Sit, Bump Forward, Roll Back Sit**

**1&2**      Cross R over L (1), Step L to side (&), Cross R over L (2)

**3,4**      Roll upper body from head to hips (3), Step L side as you are "sitting" on L (4) (Facing 1:00)

**5&6**      Bump/Rock your chest forward/side to side, to your partner R,L,R (whatever feels good to you!)

**7,8**      Roll upper body from head to hips (3), Step L side as you are "sitting" on L (4) (Facing 1:00)

**Triple Forward, Triple Forward, 1/4 Turn, 1/4 Turn Flick**

**1&2**      Step R forward (1), Step L next to R (&), Step R forward(2)(Square up to front wall with triple)

**3&4**      Step L forward (3), Step R next to L (&), Step L forward (4)

**This is where you will pass your partner! You will pass them by your right shoulder**

**5,6**      Step R forward (5), Pivot 1/4 turn over L shoulder (6) (9:00)

**7,8** Step R forward (7), Pivot 1/4 turn over L shoulder and flick L behind R (6:00)

**You should have now changed spots with your partner**

**Step Side L x 4, Step Side R x 4**

**1&2&** Step L side (1), Step R next to L (&), Step L side (2), Step R next to L (&)

**3&4** Step L side (3), Step R next to L (&), Step L side (4)

**5&6&** Step R side (5), Step L next to R (&), Step R side (6), Step L next to R (&)

**7&8** Step R side (7), Step L next to R (&), Step R side (8)

**Play with the lyrics here, each time will be different. Make it fun!**

**Walk back x 4, Bump hip x 4**

**1-4** Step back L (1), Step back R (2), Step back L (3), Step back R (4) Walk back with attitude!!!

**5,6** Bump L hip up (5), Bump L hip up (6)

**7,8** Bump L hip up (7), Bump L hip and step down on L (8) (Weight takes L)

**Put your L hand on L hip when you do your hip bumps**

**Pivot 1/2 Turn, Pivot 1/2 Turn, Bump hips Right, Bump Hips Left**

**1,2** Step R forward (1), Pivot 1/2 turn over L shoulder (2) (6:00)

**3,4** Step R forward (3), Pivot 1/2 turn over L shoulder (4) (12:00)

**5&6** Bump hips R,L,R

**7&8** Bump hips L,R,L

**Rocking Chair, Jazz-box**

**1,2** Rock R forward (1), Recover back on L (2)

**3,4** Rock R back (3), Recover forward on L (4)

**5,6** Cross R over L (5), Step L back (6)

**7,8** Step R side (7), Cross L over R (8)

**Use Jazz-box to square back up to your partner if needed - Repeat and have fun!!**

**Inspired by Damaya Lady D Jones**