

# Make You Move

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**Count:** 144

**Wall:** —

**Level:** Phrased High Intermediate

**Choreographer:** Scott Blevins (May 2016)

**Music:** "Get Up - SB Mix" by Vernon Burch (very hard to find but will be available) NOT on amazon

## #32 count intro to start on lyrics

**Sequence:** Front wall all 144 counts, back wall all 144 counts, front wall 65-144, back wall 113-144, side wall 113-144, end facing front wall.

**[1-8] HIP CIRCLE, BUMP,  $\frac{1}{4}$  RIGHT,  $\frac{1}{2}$  RIGHT, SIDE ROCK WITH  $\frac{1}{4}$  TURN, RECOVER, CROSS, BIG STEP, DRAG**

11) Step R to right circling hips anti-clockwise from back to front

22) Touch L toward left diagonal and bump to left

3-43) Turn  $\frac{1}{4}$  right stepping L back [3:00]; 4) Turn  $\frac{1}{2}$  right stepping R forward [9:00]

5&65) Turn  $\frac{1}{4}$  right rocking L to left [12:00]; &) Recover to R; 6) Step L across R

7-87) Step R a big step right; 8) Drag L toward R

**[9-16] BALL CROSS,  $\frac{1}{4}$  LEFT, STEP FWD,  $\frac{1}{4}$  PIVOT, CROSS TRIPLE,  $\frac{1}{4}$  RIGHT,  $\frac{1}{4}$  RIGHT**

&1-2&) Step ball of L beside R heel; 1) Step R across L; 2) Turn  $\frac{1}{4}$  left stepping L forward [9:00]

3-43) Step R Forward; 4) Turn  $\frac{1}{4}$  left taking weight on L [6:00]

5&65) Step R across L; &) Step L to left; 6) Step R across L

7-87) Turn  $\frac{1}{4}$  right stepping L back [9:00]; 8) Turn  $\frac{1}{4}$  right stepping R forward [12:00]

**[17-24] ROCK, RECOVER, BALL, ROCK, RECOVER, BALL, STEP,  $\frac{1}{2}$  PIVOT RIGHT, STEP,  $\frac{1}{2}$  PIVOT RIGHT**

1-2&1) Rock L forward in front of R pushing chest fwd; 2) Recover to R; &) Step ball of L beside R

3-4&3) Rock R forward in front of L pushing chest fwd; 4) Recover to L; &) Step ball of R beside L

5-65) Step L fwd; 6) Turn  $\frac{1}{2}$  right taking weight on R [6:00]

7-87) Step L fwd; 8) Turn  $\frac{1}{2}$  right taking weight on R [12:00]

**[25-32] SNAKE LEFT, SNAKE RIGHT. STEP LEFT, SWEEP, BEHIND, SIDE, FORWARD**

1-21) Begin a snake body roll to left as you step L to left; 2) Complete snake touching R beside L

3-43) Begin a snake body roll to right as you step R to right; 4) Complete snake touching L beside R

5-65) Step L to left; 6) Step R behind L and sweep L to left and back

7&87) Step L behind R; &) Step R to right; 8) Step L forward

**[33-40] TRIPLE FORWARD, ROCK, RECOVER,  $\frac{1}{2}$  TURN LEFT, TRIPLE FORWARD, ROCK, RECOVER**

1&2,3,41) Step R fwd; &) Step ball of L to R; 2) Step R fwd; 3) Rock L forward; 4) Recover to R

&5&6&) Turn  $\frac{1}{2}$  left on R [6:00]; 5) Step L fwd; &) Step ball of R to L; 6) Step L fwd

7-87) Rock R forward; 8) Recover to L

**[41-48]  $\frac{1}{2}$  RIGHT, STEP, CROSS, STEP RIGHT, SWEEP, BEHIND,  $\frac{1}{4}$  LEFT, FORWARD, WALK, WALK**

a1-2a) Turn  $\frac{1}{2}$  right [12:00]; 1) Step down on R as you bring L up to R calf; 2) Step L across R

3-43) Step R to right; 4) Step L behind R and sweep R to right and back

5&65) Step R behind L; &) Turn  $\frac{1}{4}$  left stepping L forward [9:00]; 6) Step R forward

7-87-8) Walk L, R

**[49-56]  $\frac{1}{4}$  RIGHT C BUMP, FULL TURN RIGHT, STEP LEFT, AND POINT, AND POINT, CROSS, ANGLE, TOGETHER**

**1&21) Turn  $\frac{1}{4}$  right bumping L hip up and to the left [12:00]; &) Step down on L bumping hips to center and right; 2) Bump L hip down to left side ending in a sit position with weight on L**

**3&3) Turn  $\frac{1}{4}$  right stepping forward on R; &) Turn  $\frac{3}{4}$  right on R (Note: 3& is a full turn done on the spot)**

**44) Step L a small step to left**

**&5&6&) Step R beside L; 5) Point L to left; &) Step L beside R; 6) Point R to right**

**7&87) Step R across L; &) Step L to left angling body to face 1:00; 8) Step R beside L pushing hips back [1:00]**

**[57-64] WALK, WALK, WALK, WALK, WALK, WALK, CROSS TRIPLE**

**1,2,3,4,5,6** Making a  $\frac{7}{8}$ th turn to the right, walk forward L-R-L-R-L-R clockwise from 1:00 to 12:00

**7&87) Step L across R; &) Step R to right; 8) Step L across R**

**[65-72] MAMBO SIDE RIGHT, MAMBO SIDE LEFT, CHASE TURN,  $\frac{1}{2}$  RIGHT,  $\frac{1}{2}$  RIGHT**

**1&21) Rock R to right; &) Recover to L; 2) Step R beside L**

**3&43) Rock L to left; &) Recover to R; 4) Step L beside R**

**5&65) Step R forward; &) Turn  $\frac{1}{2}$  left taking weight on L [6:00]; 6) Step R forward**

**7-87) Turn  $\frac{1}{2}$  right stepping L back [12:00]; 8) Turn  $\frac{1}{2}$  right stepping R forward [6:00]**

**[73-80] HOP FWD and REACH, HOLD, HOP BACK and BEND, HOLD, BUMP 3X, CLOSE WITH CLAP**

**&1-2&) Step L a small step fwd; 1) Step R beside L as you reach R hand as high as you can pointing to the sky; 2) Hold**

**&3-4&) Step L a small step back; 3) Step R beside L, keeping knees locked bend fwd from the waist up and point R hand toward the floor; 4) Hold**

**5,6,75-6-7) Unbend from waist up as you step R to right and bump hips 3X**

**Note: On counts 5-7 feet should be a shoulder's width apart, with weight evenly over both feet and knees bent.**

**88) Straighten knees as you transfer weight to L touching R beside L and clap hands**

**[81-96] REPEAT COUNTS 65- 80 (facing 12:00 after count 88)**

**[97-104] SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, BEHIND, SIDE, FORWARD**

**1,2,3&4) Rock R to right, 2) Recover to L; 3) Step R behind L; &) Step L to left; 4) Step R across L**

**5,6,7&8) Rock L to left, 6) Recover to R; 7) Step L behind R; &) Step R to right; 8) Step L forward**

**[105-112] STEP, ½ PIVOT LEFT, TRIPLE FORWARD, STEP, ½ PIVOT RIGHT, ¼ TURN RIGHT, POINT WITH LOOK**

**1,2,3&4) Step R forward; 2) Turn ½ left taking weight L [6:00]; 3) Step R fwd; &) Step ball of L to R; 4) Step R fwd**

**5-6-7) Step L forward; 6) Turn ½ right taking weight on R [12:00]; 7) Turn ¼ right stepping L to left [3:00]**

**88) With L knee slightly bent, rotate body left from waist up as you look and point R hand to left while pointing R foot to right [3:00]**

**[113-120] ROLLING VINE RIGHT, TOUCH, LEFT, BEHIND, ¼ LEFT, STEP FORWARD**

**1,2,3,4) Turn ¼ right stepping R fwd; 2) Turn ¼ right stepping L to left; 3) Turn ½ right stepping R to right; 4) Touch L**

**5,6,7,8) Step L to left; 6) Step R behind L; 7) Turn ¼ left stepping L forward [12:00]; 8) Step R forward**

**Note: For style, add popping the free knee - 5) Pop R knee; 6) Pop L knee; 7) Pop R knee; 8) Pop L knee**

**[121-12] STEP, ¼ PIVOT, CROSS TRIPLE, STEP, ½ PIVOT, CROSS, STEP BACK**

**1,2,3&4) Step L fwd; 2) Turn ¼ right taking weight on R [3:00]; 3) Step L across R; &) Step R to right; 4) Step L across R**

5,6,7,8 5) Step R forward; 6) Turn  $\frac{1}{2}$  left taking weight on L [9:00]; 7) Step R across L; 8) Step L back

**[129-136] PUSH STEP, PUSH STEP, PUSH STEP, TOUCH, ROLLING VINE LEFT WITH  $\frac{1}{4}$  TURN LEFT, STEP FWD**

a1a2a3a) Push off ball of L; 1) Step (land on) R to right extending L to left; a) Step ball of L beside R; 2) Pushing off ball of L, step (land on) R to right extending L to left; a) Step ball of L beside R; 3) Pushing off ball of L, step (land on) R to right extending L to left

44) Touch L beside R

5,6,7,85) Turn  $\frac{1}{4}$  left stepping L fwd; 6) Turn  $\frac{1}{2}$  left stepping R back; 7) Turn  $\frac{1}{2}$  left stepping L fwd; 8) Step R fwd [6:00]

**[137-144] ROCK, RECOVER, COASTER STEP, CROSS, BACK, SIDE, CROSS**

1,2,3&41) Rock L forward; 2) Recover to R; 3) Step L back; &) Step R beside L; 4) Step L forward

5,6,7,85) Cross R over L; 6) Step L back; 7) Step R to right; 8) Step L across R

**Enjoy!**

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