

# GET UP AT-CHA

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**Count:** 32

**Wall:** 4

**Level:** advanced

**Choreographer:** Alan "Renegade" Livett

**Music:** Get Up by Beverley Knight

## STEP, POINT, ½ TURNING AERIAL RONDE, SAMBA TURN, PRESS, SAILOR STEP, TURN AND CROSS

- 1-2&3** Step left foot to left side, point right across in front of left (no weight), flick right leg up and out to right side pivoting ½ turn to right on left leg, touch right ball to floor (no weight) (6:00)
- 4&5** Step forward onto right foot, turning quickly ½ turn to right step left next to right, step right forward into a press (12:00)
- &6&7** Push off right foot, start a sailor step stepping right behind left, step left to left side, step right in place
- 8&1** Leaving feet where they are (on balls of both feet) turn ½ turn to left (you will end up facing 6:00 with legs in a crossed position), step left to side, step right across and in front of left

## SIDE ROCK, TURNING BACK LOCK STEP, BACK LOCK STEP, ¼ TURN, ½ TURNING SAILOR CROSS

- 2-3** Rock left to left side, recover onto right
- 4&5** Step left across and in front of right, turning ¼ to left step back with right, step back with left (3:00)
- 6&7&** Lock right foot across left, step left back, point right toe back, turn ¼ turn to right on left prepping for the sailor (still no weight on right)
- 8&1** Sweep right behind left starting ½ turn right, step left in place completing ½ turn, step right across and in front of left (12:00)

## ROCK AND CROSS, ROCK AND CROSS, SCUFF - ROCK - TAP - STEP, SWEEP - ROCK, RECOVER

- 2&3** Rock left to left side, recover onto right, step left across and in front of right
- 4&5** Rock right to right side, recover onto left, step right across and in front of left (12:00)
- &6&7** Scuff left, step forward on left to 10:00, tap right in place behind left, step in place on right

**8&** Turning slightly to left sweep left foot out to left side and behind right rocking back (9:00), step right in place (9:00)

**SIDE - DRAG, SAILOR STEP BEHIND, SIDE BREAK, MAMBO AND SIDE TOGETHER**

**1-2** Take wide step to left with left, drag right towards left (do not fully close, milk this count)

**&3&4** Step right behind left, step left to left side, step right to right side, step left behind right (9:00)

**5&6** Rock right foot to right side, step left in place, step right next to left taking weight on right

**7&8&** Rock back on left, recover onto right, step left to left side, step right next to left (9:00)

**REPEAT**