

# Get Up and Try

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**Count:** 48      **Wall:** 4      **Level:** Improver / Easy Intermediate

**Choreographer:** Martie Papendorf . South Africa. (Nov. 2012)

**Music:** Pink - Try [The Truth About Love. - 4.07 - 104 bpm]

## Start - On vocals

### S1: Side, Together, Fwd shuffle, Rock, Recover, Step, Cross shuffle

- 1,2      Step R to right side, Step L next to R,  
3&4      Step R diagonal fwd, Step L next to R, Step R fwd,  
5,6      Rock L across R, Recover back onto R,  
&7&8      Step L to left side, Step R across L, Step L to left side, Step R across L

### S2: Side, Behind, Chasse ¼ left, Fwd, Pivot ½ left, Shuffle ½ left

- 1,2      Step L to left side, Cross R behind L,  
3&4      Step L to left side, Step R next to L, Step L fwd making a ¼ turn left, [9.00]  
5,6      Step R fwd, Make a pivot turn ½ left [weight to L],[3.00]  
7&8      Step R back making a ½ turn left, Step L next to R, Step R back [9.00]

### S3: Long step ¼ left, Touch, Chasse ¼ right, Fwd, Back ½ left, Shuffle ½ left

- 1,2      Making a ¼ turn left step L long step to left side,[6.00] Touch R next to L,  
3&4      Step R to right side, Close L to R, Step R fwd making a ¼ turn right,[9.00]  
5,6      Step L fwd, Step R back making a ½ turn left,[3.00]  
7&8      Step L,R,L to make a ½ turn left [9.00]

### S4: Turn ¼ left-[Knee pop, Step, Turn] 2x, Brush, Rock, Recover, Coaster step

- 1&2      Touch R next to L popping R knee across L twisting upper body to right, Step R next to L,  
Step L to left side making 1/8 turn left,  
3&4      Touch R next to L popping R knee across L twisting upper body to right, Step R next to L,  
Step L to left side making 1/8 turn left,

### [Making a ¼ turn left with count 1-4 to face 6.00]

- &5,6      Brush R fwd, Rock R across L, Recover L back,  
7&8      Step R back, Close L to R, Step R fwd

### **S5: Side, Together, Cross shuffle, Fwd, Pivot ½ left, Shuffle ½ left**

- 1,2** Step L to left side, Step R next to L,  
**3&4** Step L across R, Close R to L, Step L across R,  
**5,6** Step R fwd, Make a pivot turn ½ left [weight to L],[12.00]  
**7&8** Step R back making a ½ turn left, Step L next to R, [6.00] Step R in place [6.00]

**Restart here during wall 5, facing 6.00. Leave out the & of count 7&8 and step L fwd**

### **S6: Back L R, Coaster, Samba fwd, Samba ¼ left**

- 1,2** Walk back L,R  
**3&4** Step L back, Step R next to L, Step L fwd,  
**5&6** Step R across L, Rock L out to left side, Recover R to right side,  
**7&8** Step L fwd making a ¼ turn left, Rock R out to right side, Recover L to left side [3.00]

**Tag - after wall 2 [facing 6.00] & wall 4 [facing 12.00]**

- 1,2** Step R to right side, Step L next to R,  
**3&4** Step R fwd, Lock L behind R, Step R fwd,[moving diagonal fwd]  
**5,6** Step L to left side, Step R next to L,  
**7&8** Step L fwd, Lock R behind L, Step L fwd,[moving diagonal fwd]  
**1,2** Step R fwd, Make a pivot turn ½ left [weight to L],  
**3,4** Step R fwd, Make a pivot turn ½ left [weight to L]

**Restart during wall 5, facing 6.00 - Leave out the & of count 7&8 and step L fwd**

**Contact email-LinedanceInTheStrand@gmail.com**