

# GET A GRIP...

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**Count:** 48

**Wall:** 2

**Level:** Intermediate / Advanced

**Choreographer:** Neville Fitzgerald

**Music:** You Make Me Sick by Pink

## **SIDE, ROCK & POINT HITCH CROSS, & SIDE, CROSS, BACK CROSS BACK**

- 1-2&** Step left to left side, rock right behind left, recover on right
- 3&4** Point right to right side, hitch right knee to right diagonal, cross step right over left
- &5-6** Step back on left, step right to right side, cross step left over right
- 7&8** Step back on right, cross/lock left over right, step back on right (12:00)

## **¼ TURN, SIDE, ROCK & SIDE, SAILOR ¼ TURN, DIAGONAL COASTER STEP, TAP, TAP, STEP**

- &1** Make ¼ turn to left stepping forward on left, step right to right side (9:00)
- 2&3** Cross rock left behind right, recover on right, step left to left side
- 4&5** Cross step right behind left, ¼ turn to left stepping forward on left, step right to right side (6:00)
- 6&7** Turn 1/8th to left stepping back on left, step right next to left, step forward on left (4:30)
- &8&** Tap right toe next to left heel, tap right toe next to left heel, back on right

## **CROSS, BACK, SIDE, CROSS STEP CROSS, ¼, ½, ¼ ROCK &**

- 1-2** Cross/lock left over right, step back on right
- 3** Make 1/8th turn left stepping left to left side (3:00)
- 4&5** Cross step right over left, step left to left side, cross step right over left
- 6-7** Make ¼ turn to right stepping back on left, ½ turn to right stepping forward on right (12:00)
- 8&** Make ¼ turn to right rocking left to left side, recover on right (3:00)

## **CROSS, ¼ TURN, BACK, CROSS BACK CROSS, BACK, BACK, CROSS, SIDE, BACK, CROSS**

- 1-2** Cross step left over right, make ¼ turn left stepping back on right (12:00)
- 3** Step back on left facing slightly diagonal left (11:00ish)
- 4&5** Cross step right over left, step back on left, cross step right over left (travel diagonally left/back)

- &6&** Step back on left, step back on right to right diagonal, cross left over right (1:00)
- 7&8** Step right to right side, step back on left to left diagonal, cross step right over left (11:00)

**& ¼ FLICK, WALK, WALK, MAMBO STEP, TOUCH, ¼ SIT, KICK &**

- &1** Tap left toe next to right, make ¼ turn to right as you flick left behind (3:00)
- 2-3** Walk forward left-right
- 4&5** Rock forward on left, recover on right, step back on left
- 6-7** Touch right toe back, make ¼ turn to right sitting weight on left (6:00)
- 8&** Kick right to right diagonal, step right to right side

**CROSS DIP, SIDE CROSS DIP, HITCH, BEHIND & CROSS, ¼, ½, ¼**

- 1-2** Cross step left over right as you dip bending knees, step right to side as you rise up
- 3-4** Cross step left over right as you dip bending knees, hitch right knee into right diagonal corner as you rise up
- 5&6** Cross step right behind left, step left to left side, cross step right over left
- 7-8** Make ¼ turn to right stepping back on left, ½ turn to right stepping forward on right (3:00)
- &** On ball of right make ¼ turn to right (6:00)

**REPEAT**