

# Get Up And Dance

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**Count:** 48                      **Wall:** 2                      **Level:** Improver

**Choreographer:** Sue Smyth – May 2015

**Music:** Beautiful Life by Nathan Carter

## **Intro: 16 counts**

### **You Have A 16 Count Intro**

**Then Another 16 Counts Where He Sings 'Get Up', For These 16 Counts You Can Do-----  
(Optional)**

**1-8**            Walk Fwd On Rlr, Kick Left, Walk Back On Lrl Touch R Beside Left

**8-16**          Walk Fwd On Rlr Kick Left, Walk Back On Lrl Touch R Beside Left

### **Sec 1: Step Right Fwd Touch, Step Left Fwd Touch,Point R Fwd,Side, R Cross Shuffle**

**1-2**            Step Right To Right Diagonal, Touch Left Beside Right, Click Fingers/Raise Arms Up

**3-4**            Step Left To Left Diagonal, Touch Right Beside Left, Click Fingers/Raise Arms Up

**5-6**            Point Right Toe Across Left, Point Right Toe To Right Side

**7&8**            Cross Right Over Left, Step Left To Left Side, Cross Right Over Left

### **Sec 2: Hinge ¼ Turn R, Cross Shuffle,R Kickball Cross,R Side Rock Cross**

**1-2**            Step Left To Left Side, Make A ¼ Turn Right, Stepping Right To Right Side (3 O'clock)

**3&4**            Cross Left Over Right, Step Right To Right Side, Cross Left Over Right

**5&6**            Kick Right Foot Fwd, Step On Ball Of Right, Cross Left Over Right

**7&8**            Rock Right To Right Side, Recover On Left, Cross Right Over Left ( 3 O'clock)

### **Sec 3: Sway Left Sway Right, Pivot ½ Turn Left,Sway Right Sway Left Pivot ½ Turn Right**

**1-2**            Step Left To Left Side, Sway Hips Left, Right,

**3-4**            Recover Weight On Left Leg, Pivot ½ Turn Left On Left , Touch Right Beside Left (9 O'clock)

**5-6**            Step Right To Right Side, Sway Hips Right, Left

**7-8**            Recover Weight On Right,Pivot ½ Turn Right, Sweep Left Around From Back To Front (3 O'clock)

### **Sec 4: Syncopated Jazz Box, Point Right Fwd, Side, Toe Switches**

- 1-2 Cross Left Over Right, Step Back On Right
- &3-4 Step Left To Left Side, Cross Right Over Left, Step Left To Left Side
- 5-6 Point Right Toe Across Left, Point Right Toe To Right Side
- &7&8 Step Right Beside Left, Point Left To Left Side, Step Left Beside Right, Point Right To Right Side

### **Sec 5: Walk Fwd R L, Step Pivot ½ Turn Left, Chasse Left, Chasse ¼ Turn Right (The Start Of A Turning Box Step)**

- 1-2 Walk Forward On Right, Left
- 3&4 Step Fwd On Right, Pivot ½ Turn Left, Recover Weight On Left, Step Fwd On Right (9 O'clock)
- 5&6 Step Left To Left Side, Close Right Beside Left, Step Left To Left Side ( 9 O'clock)
- 7&8 Make ¼ Turn Right, Stepping On Right, Close Left Beside Right, Step Right To Right Side (12 O'clock)

### **Sec 6: Chasse ¼ Turn Left, Chasse ¼ Turn Right (Second Part Of Turning Box Step) , Cross Side Behind Side Cross**

- 1&2 Make ¼ Turn Right, Stepping Left To Left Side, Close Right Beside Left, Step Left To Left Side (3 O'clock)
- 3&4 Make ¼ Turn Right, Stepping On Right, Close Left Beside Right, Step Right To Right Side ( 6 O'clock)
- 5-6 Cross Left Over Right, Step Right To Right Side
- 7&8 Step Left Behind Right, Step Right To Right Side, Cross Left Over Right.

**Ending: Sec 3 -: 3-4 Do 1/4 Turn Finishing On Front Wall**

**Contact: boogiesas@yahoo.co.uk**

**Last Update - 1st June 2015**