

COME ON GET UP

LINEDANCE.COM

Count: 32

Wall: 4

Level: intermediate

Choreographer: Kim Robbins & Kim Hoekstra

Music: Come On, Get Up by Janet Jackson

KICK-STEP-CROSS, HIP BUMPS, KICK-STEP-CROSS, HIP BUMPS

- 1&2** Kick right forward, step right onto right, step left across right
- 3&4** Step right to right bumping hips right, left, right (ending with weight on right)
- 5&6** Kick left forward, step left onto left, step right across left
- 7&8** Step left to left bumping hips left, right, left (ending with weight on left)

"SASSY WALK BACK", SAILOR STEPS

- 1-2-3-4** Walk back right, left, right, left, while swiveling hips
- 5&6** Step right behind left, step left to the left, step right to the right
- 7&8** Step left behind right, step right to the right, step left to the left

¼ TURN PADDLE, ¼ TURN PADDLE, HEEL JACK, SLIDE, KNEE ROLL

- &1** Hitch right knee, pivot ¼ turn left touching toe to the right
- &2** Hitch right knee, pivot ¼ turn left touching toe to the right
- &3** Step back onto right, touch left heel forward
- &4** Step left in place, touch right toe beside left foot
- 5-6** Step right to right, slide & touch left beside right
- 7-8** Roll left knee in, roll left knee out making ¼ turn left

DIAGONAL SHUFFLES FORWARD, MAMBO CROSS, POP TURN

- 1&2** Shuffle right, left, right on the diagonal
- 3&4** Shuffle left, right, left on the diagonal
- 5&6** Rock right onto right, recover onto left, step right across left
- 7&8** Pivot, ¼ turn left, pivot ¼ turn right, pivot ½ turn left

REPEAT

TAG

Done after the 1st & 3rd walls

SIDE SHUFFLES, ½ TURN, HIP BUMPS, ½ TURN, HIP BUMPS

1&2 Shuffle to the right, right, left, right

3&4 Shuffle to the left, left, right, left

5&6 Step right foot making a ½ turn to the left, & bump hips right, left, right

7&8 Step left foot making ½ turn to the left & bump hips left, right, left

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=59733