

Get Up Dance

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Maggie Gallagher (Feb 2011)

Music: Get Up Dance by Alexis Dante And J.M. Sicky Feat. Eva Menson (Radio Kriss Evans Edit 3:23)

Intro: 32 BEATS (14 secs)

S1: STEP, ROCK RECOVER, CHASSE $\frac{1}{4}$ LEFT, STEP $\frac{1}{2}$ PIVOT LEFT, RIGHT LOCK STEP

- 1-2-3** Step right to right side on slight right diagonal, Cross rock left over right, Recover on right
- 4&5** Step left to left side, Step right next to left, $\frac{1}{4}$ turn left stepping forward on left [9:00]
- 6-7** Step forward on right, $\frac{1}{2}$ pivot left [3:00]
- 8&1** Step forward on right, Lock left behind right, Step forward on right

S2: ROCK FORWARD, RECOVER, BACK LOCK STEP, ROCK BACK, RECOVER, STEP FORWARD

- 2-3** Rock forward on left, Recover on right
- 4&5** Step back on left, Lock right over left, Step back on left
- 6-7** Rock back on right, Recover on left
- 8** Step forward on right

S3: STEP $\frac{1}{2}$ PIVOT RIGHT, STEP L, STEP $\frac{1}{2}$ PIVOT LEFT, $\frac{1}{2}$ TURN BACK, ROCK BACK, RECOVER

- 1-2** Step forward on left, $\frac{1}{2}$ pivot right [9:00]
- 3-4** Step forward left, Step forward right
- 5-6 $\frac{1}{2}$ pivot left, $\frac{1}{2}$ turn left stepping back on right [9:00]**

- 7-8** Rock back on left, Recover on right

S4: ROCK & CROSS, SIDE ROCK, RECOVER, CROSS, SIDE, TOGETHER

- 1&2** Rock left to left side, Recover on right, Cross left over right
- 3-4** Rock right to right side, Recover on left
- 5-6** Cross right over left, Step left to left side
- 7** Step right next to left

S5: CHASSE LEFT, CROSS ROCK, RECOVER, CHASSE RIGHT, CROSS ROCK, RECOVER, STEP L

- 8&1** Step left to left side, Step right next to left, Step left to left side
- 2-3** Cross rock right over left, Recover on left
- 4&5** Step right to right side, Step left next to right, Step right to right side
- 6-7-8** Cross left over right, Recover on right, Step left to left side

S6: CROSS UNWIND $\frac{3}{4}$ LEFT, ROCK BACK, RECOVER, WALK L, KICK & POINT, HOLD

- 1-2** Cross right over left, Unwind $\frac{3}{4}$ left (weight back on right) [12:00]
- 3-4-5** Rock back on left, Recover on right, Walk forward on left
- 6&7** Kick right forward, Step right next to left, Point left to left side

8HOLD

S7: & STEP, $\frac{1}{2}$ PIVOT LEFT x 2, CROSS $\frac{1}{4}$ BACK, RIGHT CHASSE

- &1-2** Step left next to right, Step forward on right, $\frac{1}{2}$ pivot left [6:00]
- 3-4** Step forward on right, $\frac{1}{2}$ pivot left [12:00]
- 5-6** Cross right over left, $\frac{1}{4}$ right stepping back on left pushing bottom out [3:00]
- 7&8** Step right to right side, Step left next to right, Step right to right side

S8: CROSS, SIDE, SAILOR, JAZZ BOX CROSS

- 1-2** Cross left over right Step right to right side
- 3&4** Cross left behind right, Step right to right side, Step left next to right
- 5-6** Cross right over left, Step back on left
- 7-8** Step right to right side, Cross left over right

TAG: At the end of Wall 5 [3:00]

- 1-2-3-4** Bump right, Bump left, Bump right, Bump left OR optional body movements

Added March 6th 2011