

# GOTTA GET UP

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** beginner

**Choreographer:** Mark Furnell

**Music:** Playing With Knives by Bizarre Inc

## HEEL, TOE, HEEL AND GRIND

- 1-2      Touch right heel forward, touch right toe back
- 3-4      Touch right heel forward, grind right heel  $\frac{1}{4}$  turn left, taking weight onto right foot

## HEEL, TOE, HEEL AND GRIND

- 5-6      Touch left heel forward, touch left toe back
- 7-8      Touch left heel forward, grind left heel  $\frac{1}{4}$  turn right, taking weight onto left foot

## FORWARD, FORWARD, BACK, BACK

- 1-2      Step forward on right, pushing hip right, step forward on left pushing hips left
- 3-4      Step right foot back in place, step left foot back in place, (feet should be shoulder width apart)

## KNEE ROLL TO RIGHT, KNEE ROLL TO LEFT

- 5-6      Touch right toe out to right side and roll right knee out and strut right heel down
- 7-8      Touch left toe out to left side and roll left knee out and strut left heel down (weight ends on left foot)

## JAZZ BOX SCUFF, JAZZ BOX SCUFF

- 1-2      Cross right over left, step back on left
- 3-4      Step side on right, scuff left foot through
- 5-6      Cross left over right, step back on right
- 7-8      Step side on left, scuff right foot through

## JAZZ BOX $\frac{1}{4}$ TURN, SHOULDER BOUNCES

- 1-2      Cross right over left, step back on left
- 3-4      Step side on right making  $\frac{1}{4}$  turn right, close left to right, (weight on left)
- 5-6      Step side on right and bounce shoulder twice
- 7-8      Touch right to left and bounce shoulders twice

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=52844](https://www.linedance.com/index.php?f=dance_view&id=52844)