

Gotta Get Up

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Count: 64 **Wall:** 2 **Level:** Intermediate

Choreographer: Robbie McGowan Hickie (UK) January 2020

Music: "Gotta Get Up" by Tyrone Wells (106 bpm)

Music Available on Download from iTunes & www.amazon.co.uk

#16 Count intro

Stomp Heel Twist. Lock Step Back. Touch Back. Pivot 1/2 Turn Left. Step. Pivot 1/2 Turn Left. Step.

1&2 Stomp forward on Right. Twist both heels Right. Twist both heels to centre. (Weight on Left)

3&4 Step back on Right. Cross step Left over Right. Step back on Right.

5 - 6 Touch Left toe back. Reverse pivot 1/2 turn Left.

7&8 Step forward on Right. Pivot 1/2 turn Left. Step forward on Right. (Facing 12 o'clock)

2 x Walks Forward. Step. Pivot Full Turn Right. 2 x Walks Back. Right Coaster Step.

1 - 2 Walk forward on Left. Walk forward on Right.

3&4 Step forward on Left. Pivot 1/2 turn Right. Make 1/2 turn Right stepping back on Left.

5 - 6 Walk back on Right. Walk back on Left.

7&8 Step back on Right. Step Left beside Right. Step forward on Right. (Facing 12 o'clock)

Forward Rock. Triple 3/4 Turn Left. Side. Touch. Side. Behind & Step Forward.

1 - 2 Rock forward on Left. Rock back on Right.

3&4 Left triple step (on the spot) making 3/4 turn Left stepping Left. Right. Left.

5&6 Step Right to Right side. Touch Left toe beside Right. Step Left to Left side.

7&8 Cross Right behind Left. Step Left to Left side. Step forward on Right. (Facing 3 o'clock)

Diagonal Step Forward. Touch. Back. Cross-Back-Cross. Back. 1/4 Turn Left. Cross Rock & Side Step.

1&2 Step Left Diagonally forward Left. Touch Right toe beside Left. Step Right Diagonally back Right.

3&4(Still on Left Diagonal) Cross step Left over Right. Step back on Right. Cross step Left over Right.

- 5 - 6 Step back on Right (Straightening up to 3 o'clock). Make 1/4 turn Left stepping Left to Left side.
- 7& Cross rock Right over Left. Rock back on Left.
- 8 Long step Right to Right side dragging Left towards Right. (Facing 12 o'clock)

Back Rock & Step Forward. Right Kick-Ball-Step Forward. Cross-Back-Back- Cross-Back-1/4 Turn Left.

- 1&2 Rock back on Left. Rock forward on Right. Step forward on Left.
- 3&4 Kick Right forward. Step ball of Right beside Left. Step forward on Left.
- 5&6 Cross step Right over Left. Step Left Diagonally back Left. Step Right Diagonally back Right.
- 7& Cross step Left over Right. Step back on Right (Straightening up to 12 o'clock) .
- 8 Make 1/4 turn Left stepping Left to Left side. (Facing 9 o'clock)

Cross. Side. Right Sailor Heel. & Cross. Side. Left Cross Shuffle.

- 1 - 2 Cross step Right over Left. Step Left to Left side.
- 3&4 Cross Right behind Left. Step Left to Left side. Touch Right heel Diagonally forward Right.
- &5 - 6 Step Right back to place. Cross step Left over Right. Step Right to Right side.
- 7&8 Cross step Left over Right. Step Right to Right side. Cross step Left over Right.

Right Side Rock. Right Sailor 1/2 Turn Right. Step. Pivot 1/2 Turn Right. Chasse Left.

- 1 - 2 Rock Right out to Right side. Recover weight on Left.
- 3&4 Cross Right behind Left making 1/2 turn Right. Step Left beside Right. Step forward on Right.
- 5 - 6 Step forward on Left. Pivot 1/2 turn Right.
- 7&8 Step Left to Left side. Close Right beside Left. Step Left to Left side. (Facing 9 o'clock)

Cross Rock. 1 & 1/4 Turn Right. Forward Rock. Left Shuffle 1/2 Turn Left.

- 1 - 2 Cross rock Right over Left. Rock back on Left.
- 3& Make 1/4 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left.
- 4 Make 1/2 turn Right stepping forward on Right. (Facing 12 o'clock)
- 5 - 6 Rock forward on Left. Rock back on Right.
- 7&8 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (Facing 6 o'clock)

Start Again

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