

Gonna Get Up

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: Larry Bass (Dec 24 - 2010)

Music: "Gonna Get Up" by Mr. President [Night Club CD]

Start After 32 counts.

HEEL & HEEL & STEP FORWARD, SLIDE TOUCH; HIP & HIP &, KICK-BALL-CROSS

- 1&** Touch Right heel forward, Step Right beside Left
- 2&** Touch Left heel forward, Step Left beside Right
- 3-4** Step Right forward; Slide & touch Left beside Right
- 5&6&** Bump hips Left, Center, Left, Center
- 7&8** Kick Left forward, Step ball of Left beside Right, Step Right across Left (12:00)

STEP SIDE, SAILOR STEP, BEHIND, SIDE, CROSS; BUMP & BUMP & BUMP

- 1-2&3** Step Left to left side; Step Right behind Left, Step Left to left side, Step Right to right side
- 4&5** Step Left behind Right, Step Right to right side, Step Left across Right
- 6-8** Step Right to right side & bump hips Right, Center, Right, Center, Right (12:00)

CROSSOVER MAMBO STEP, CROSSOVER MAMBO STEP ¼ TURN; ½ TURN TRIPLE STEP, COASTER STEP

- 1&2** Step Left across Right, Rock back onto Right, Step Left beside Right
- 3&4** Step Right across Left, Rock back onto Left, Turn ¼ turn right & step Right forward (3:00)
- 5&6** Turn ½ turn right & triple step Left, Right, Left (9:00)
- 7&8** Step Right back, Step Left beside Right, Step Right forward

SKATE, SKATE, ROCK STEP ½ TURN; STEP ½ PIVOT, ½ TURN, COASTER STEP

- 1** Push left forward & diagonally to left while stepping on left
- 2** Push right forward & diagonally to right while stepping on right
- 3&4** Step Left forward, Rock back onto Right turning ½ turn left, Step Left forward (3:00)
- 5&6** Step Right forward, Pivot ½ turn left onto Left, Turn ½ turn left & step Right back (9:00)
- 7&8** Step Left back, Step Right beside Left, Step Left forward

START OVER

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