

# Get Up N Go

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**Count:** 56

**Wall:** 2

**Level:** Improver

**Choreographer:** Ross Brown (UK)

**Music:** Get Up N Go by The Ditty Bops (130 BPM), CD; Moon Over The Freeway [Length - 2:12]

## Intro: 8 Counts (Approx. 7 Secs)

### CHASSE RIGHT. (¼ TURN L) CHASSE LEFT. HEEL SWITCHES. STEP, KNEE POP.

- 1&2** Step right to the right, close left up to right, step right to the right.
- 3&4** Make a ¼ turn left stepping left to the left, close right up to left, step left to the left.
- 5&6&** Tap right heel forward, step right next to left, tap left heel forward, step left next to right.
- 7&8** Step forward with right, pop both knees forward raising both heels, place both heels. (9 o'clock)

### COASTER STEP. STEP, KNEE POP. COASTER STEP. STEP, PIVOT ¼ TURN L.

- 1&2** Step back with right, step left next to right, step forward with right.
- 3&4** Step forward with left, pop both knees forward raising both heels, place both heels..
- 5&6** Step back with left, step right next to left, step forward with left.
- 7-8** Step forward with right, pivot a ¼ turn left. (6 o'clock)

### Restart On Wall 3, restart the dance at this point facing 6 o'clock.

### DIAGONAL KICKS. SAILOR STEP. CROSS SHUFFLE.

- 1-2-3-4** Kick right foot across left, kick right foot forward to right diagonal, repeat both kicks.
- 5&6** Cross step right behind left, step left to the left, step right to the right.
- 7&8** Cross step left over right, close right up to left, cross step left over right. (6 o'clock)

### DIAGONAL HEEL ROCK, RECOVER. BEHIND, SIDE, CROSS. X2

- 1-2** Rock forward to right diagonal on right heel, recover onto left.
- 3&4** Cross step right behind left, step left to the left, cross step right over left.
- 5-6** Rock forward to left diagonal on left heel, recover onto right.
- 7&8** Cross step left behind right, step right to the right, cross step left over right. (6 o'clock)

### CHASSE RIGHT. (¼ TURN L) CHASSE LEFT. HEEL SWITCHES. STEP, KNEE POP.

**1-8** Repeat Section 1. (3 o'clock)

**COASTER STEP. STEP, KNEE POP. COASTER STEP. STEP, PIVOT ¼ TURN L.**

**1-8** Repeat Section 2. (12 o'clock)

**DIAGONAL KICKS. SAILOR STEP. CROSS SHUFFLE.**

**1-8** Repeat Section 3. (12 o'clock)

**End of Dance. Start again and Enjoy!**

**NOTE 1: The dance is a One Wall Dance however the Restart turns it into a Two Walls.**

**NOTE 2: If it helps you to remember the dance, the HEEL ROCKS are done facing the Back before the Restart and then facing the Front after the Restart.**

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