

GET UP DANCE

Count: 64 Wall: 4 Level: Intermediate

Choreographer: Maggie Gallagher (Feb 11)

Music: **Get Up Dance (Radio Kriss Evans Edit)** by Alexis Dante and JM Sicky Feat Eva Menson (CD: 3:23min)

INTRO: 32 Beats (14 secs)

SIDE, CROSS ROCK, RECOVER, CHASSE 1/4 LEFT, STEP, PIVOT 1/2, STEP, LOCK, STEP

1-3 Step R to right on slight right diagonal, Cross Rock L over R, Recover onto R

4&5 Step L to left, Step R beside L, Turn ¼ left step L forward [9:00]

6,7 Step R forward, Pivot ½ left [3:00]

8&1 Step R forward, Lock L behind R, Step R forward

ROCK FORWARD, RECOVER, BACK, LOCK, BACK, ROCK BACK, RECOVER, FORWARD

2,3 Rock L forward, Recover onto R

4&5 Step L back, Lock R over L, Step L back

6-8 Rock R back, Recover onto L, Step R forward

STEP, PIVOT 1/2, STEP, STEP, PIVOT 1/2, 1/2 LEFT BACK, ROCK BACK, RECOVER

1-4 Step L forward, Pivot ½ right, Step L forward, Step R forward [9:00]

5-8 Pivot ½ left, Turn ½ left step R back, Rock L back, Recover onto R [9:00]

ROCK LEFT, RECOVER, CROSS, ROCK RIGHT, RECOVER, CROSS, SIDE, TOGETHER

1&2 Rock L to left, Recover onto R, Cross L over R

3,4 Rock R to right, Recover onto L

5-7 Cross R over L, Step L to left, Step R beside L

CHASSE LEFT, CROSS ROCK, RECOVER, CHASSE RIGHT, CROSS ROCK, RECOVER, SIDE

8&1 Step L to left, Step R beside L, Step L to left

2,3 Cross Rock R over L, Recover onto L

4&5 Step R to right, Step L beside R, Step R to right

6-8 Cross L over R, Recover onto R, Step L to left

CROSS, UNWIND 3/4 LEFT, ROCK BACK, RECOVER, WALK, KICK, TOGETHER, POINT SIDE, HOLD

1,2 Cross R over L, Unwind ¾ left (**weight on R**) [12:00]

3-5 Rock L back, Recover onto R, Step L forward

6&7,8 Kick R forward, Step R beside L, Point L to left, Hold

TOGETHER, STEP, PIVOT 1/2, STEP, PIVOT 1/2, CROSS, 1/4 RIGHT, CHASSE RIGHT

&1,2 Step L beside R, Step R forward, Pivot ½ left [6:00]

3,4 Step R forward, Pivot ½ left [12:00]

5,6 Cross R over L, Turn ¼ right step L back pushing bottom out [3:00]

7&8 Step R to right, Step L beside R, Step R to right

CROSS, SIDE, SAILOR, JAZZ BOX CROSS

1,2 Cross L over R, Step R to right

3&4 Cross L behind R, Step R to right, Step L beside R

5,6 Cross R over L, Step L back

7,8 Step R to right, Cross L over R

64 REPEAT

TAG: End of Wall 5 [3:00]

1-4 Bump right, Bump left, Bump right, Bump left OR optional body movements