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| Get Up, Get Down |  |

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| **Count:** | 64 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Ria Vos (NL) & Karl-Harry Winson (UK) - July 2015 |
| **Music:** | Don't Worry (feat. Ray Dalton) - Madcon : (Single) |
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**Intro: 32 Counts from heavy beat (± 23 sec.)**

**S1: Side, Drag, Ball-Cross, ¼ R, ¼ R, Touch/Dip, ¼ L, ¼ L**

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| 1-2 | Step R Big Step to R Side, Drag L Towards R |

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| &3-4 | Step on Ball of L Next to R, Cross R Over L, ¼ Turn R Step Back on L |

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| 5-6 | ¼ Turn R Step R to R Side, Dip Down and Touch L Next to R |

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| 7-8 | ¼ Turn L Step Fwd on L, ¼ Turn L Step R to R Side |

**S2: Behind, Hold, Ball-Cross, Monterey ½ Turn R, Kick & Heel/Lean Back**

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| 1-2 | Step L Behind R, Hold |

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| &3-4 | Step on Ball of R to R Side, Cross L Over R, Point R to R Side |

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| 5-6 | ½ Turn R Step R Next to L, Point L to L Side |

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| 7&8 | Kick L Fwd, Step Back on L, Touch R Heel Fwd Slightly Leaning Body Back |

**S3: Rock Fwd-Back, Step, Scuff-Hitch ¼ R, Side, Drag, & Walk, Walk**

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| 1-2 | Rock Fwd (Toe Down), Rock Back (Toe Up) |

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| 3&4 | Step Fwd on R, Scuff L Next to R, Hitch L into ¼ Turn R |

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| 5-6 | Step L Big Step to L Side, Drag R Towards L |

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| &7-8 | Step R Next to L, Step Fwd on L, Step Fwd on R |

**S4: Rock Fwd, Triple ¾ Turn L, Step Fwd, ½ Turn R, Shuffle ½ Turn R**

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| 1-2 | Rock Fwd on L, Recover on R |

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| 3&4 | Shuffle ¾ Turn L Stepping L, R, L |

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| 5-6 | Step Fwd on R, ½ Turn R Step Back on L |

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| 7&8 | Shuffle ½ Turn R Stepping R, L, R |

**S5: ¼ R Side, Hold, Ball-Side Rock, Behind-Side-Cross, Side, Hold**

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| 1-2 | ¼ Turn R Step L to L Side, Hold (option: start bodyroll L) |

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| &3-4 | Step Ball of R Next to L (option: end bodyroll), Rock L to L Side, Recover on R |

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| --- | --- |
| 5&6 | Step L Behind R, Step R to R Side, Cross L Over R |

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| 7-8 | Step R to R Side, Hold (option: start bodyroll R) |

**S6: Ball-Side Rock, Coaster Step, Step Fwd, ½ R Hook, Shuffle Fwd**

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| &1-2 | Step Ball of L Next to R (option: end bodyroll), Rock R to R Side, Recover on L |

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| 3&4 | Step Back on R, Step L Next to R, Step Fwd on R |

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| 5-6 | Step Fwd on L, Turn ½ R Hooking R Across L |

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| 7&8 | Shuffle Fwd Stepping R, L, R |

**S7: Diagonal Fwd Step, Point, Diagonal Back Step, Point Behind, Out-Out, Hold, & Side**

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| 1-2 | Step L Fwd to L Diagonal, Point R Fwd Across L (L arm up, R arm down, angle upper body R) |

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| 3-4 | Step R Back to R Diagonal, Point L Behind R (circle R arm up to shoulder level end pointing down) |

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| 5-6 | Step L Out to L Side, Step R Out to R Side |

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| 7&8 | Hold, Step L Next to R, Step R to R Side |

**S8: Cross Rock, Full Turn L, Touch, Kick-Ball-Cross**

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| 1-2 | Rock L Over R, Recover on R |

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| 3-4 | ¼ Turn L Step Fwd on L, ½ Turn L Step Back on R |

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| 5-6 | ¼ Turn L Step L to L Side, Touch R Next to L |

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| 7&8 | Kick R to R Diagonal, Step on Ball of R Next to L, Cross L Over R |