Count: 64
Wand: 2
Ebene: Intermediate
Choreograf/in: Robbie McGowan Hickie (UK) - January 2020
Musik: Gotta Get Up - Tyrone Wells

## 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.
$7 \& 8 \quad$ 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.
$3 \& 4 \quad$ 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.
$3 \& 4 \quad$ 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.
$3 \& 4 \quad$ 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.

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.
$7 \& 8 \quad$ Left shuffle making $1 / 2$ turn Left stepping Left. Right. Left. (Facing 6 o'clock)

Start Again
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