

Get Up and Move

Count: 32

Wand: 4

Ebene: High Improver

Choreograf/in: Karine Moya (FR) & Valou mallet (FR) - 10 May 2025

Musik: Get Up and Move - Discofyre



Intro : 32 Counts

Choreography written especially for the Workshop of May 10 2025 at the IV American Longhorn 66 in Baho

[1-8] CAMEL WALK R & L, DIAGONAL SHUFFLE, CROSS, 1/8 TURN L SIDE STEP, ¼ TURN L COASTER CROSS

1-2 Step R Fwd popping L knee Fwd , Step L Fwd popping R knee Fwd ,

Option arm on the first Camel count 1 : Raise and bend your R elbow and reach your R index and middle fingers in front of your eyes (back of the hand facing you) You can do this occasionally.

3&4 1/8 turn R Step R Fwd, Step L beside R, Step R Fwd (1:30)

Option arms : During Shuffle Make Rolling hands Fwd

5-6 Cross L over R, Make 1/8 turn L Step R to the R side (12:00)

7&8 ¼ turn L Step back on L, Step R next to L, Cross L over R (Bend your knees slighthy) (9:00)

[9-16] SIDE, BEHIND, R CHASSE, CROSS BACK X2, CROSS BACK X2, STEP FWD

1-2 Step R to the R side, Cross L behind R

3&4 Step R to the R side, Step L next to R, Step R to the R side (Weight on R)

Option arms : During Chasse, Make Rolling hands Fwd

Difficult Option : Count 1-2 Make ¼ turn R Stepping Fwd on R, Make ½ turn R Stepping Back on L, Make ¼ turn R Side Chasse

RESTART here : Wall 6 after R Chasse, ADD L Ball (&) and Restart (3:00)

5&6 Cross L over R, Step R back in R diagonal, Step L back in L diagonal,

&7&8 Cross R over L, Step L back in L diagonal, Step R back in R diagonal, Step L Fwd (9:00)

RESTART here : After 16 counts Wall 2 (12:00)

[17-24] CROSS POINT, BACK POINT, CROSS POINT, SIDE STEP, CROSS POINT BACK, SIDE STEP, STEP Fwd PIVOT ½ TURN L

1-2 Cross R Point over L, Point R Back, (Weight on L)

3-4 Cross R Point over L, Step R to the R side (Weight on R)

5-6 Cross Point L behind R, Step L to the L side (Weight on L)

Option Arms : During counts 1 to 6 Make Rolling hands Fwd

7-8 Step R Fwd, Pivot ½ turn L transferring weight onto L (3:00)

[25-32] BACK, BACK, OUT OUT BALL CROSS , POINT, TOUCH, SIDE, STEP BACK WITH TOUCH FWD

1-2 Step R back, Step L back (Arms Push R hand Fwd)

Difficult Option : Moonwalk R & L

3&4& Step R to the R side, Step L to the L side, , Step R in place , Cross L over R

5-6 Point R to the R side, Touch R beside L

7-8& Big Step R to the R side, Step back on L with Touch in front of R toe (R knee bend) (Weight on L)

TAG : At the end of Wall 5 at (9:00) DIAGONAL STEP FWD, TOUCH R & L, 1/8 TURN POINT R, HOLD, STEP, TOUCH, ¼ TURN L SIDE STEP, TOUCH

1-2 1/8 turn R Step R Fwd, Touch L beside R (1:30)

3-4 ¼ turn L Step L Fwd, Touch R beside L (10h30)

5-6 1/8 turn R in place Point R to the R side (bend your L knee and lean your body to the L while raising your R arm straight and while pointing your index finger), HOLD (Weight on L) (9:00)

&7&8 Step R beside L (straighten up), Touch L beside R, Make ¼ turn L Step L to the L side, Touch R beside L (6:00)

Happy dance

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