

Come On Get Up

Count: 32

Wand: 4

Ebene: Advanced

Choreograf/in: Alice Lim (SG)

Musik: Come On Get Up - Janet Jackson



Start on chorus with the 3rd "Come on get up" i.e. 16 counts after the 1st "Come on get up" (time-track 00:39)

- 1-3 Right foot forward making $\frac{1}{4}$ turn to right, left foot $\frac{1}{2}$ turn to right stepping back, right foot $\frac{1}{4}$ turn (rolling vine)
- 4 Hitch left knee (raise right lower arm up, palm facing 3:00 while left lower arm is horizontal with palm facing down, left fingers near right elbow)
- 5&6& Left foot $\frac{1}{4}$ turn to left, hitch right knee (cross arms at chest level), touch right foot to side (flare hands out to sides), hitch right knee (cross arms at chest level)
- 7-8 Right foot to side making $\frac{1}{4}$ turn right (arms down by the sides), kick left foot diagonally right forward
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- 1-3 Left foot $\frac{1}{4}$ turn to left stepping forward, right foot $\frac{1}{2}$ turn to left stepping back (face 3:00), left foot back
- 4 Right foot touch forward while leaning body slightly back (click right fingers)
- 5-6 Right foot forward, left foot to side making $\frac{1}{4}$ turn right (6:00) (punch both fists straight forward)
- 7-8 Right foot to side making $\frac{1}{2}$ turn right (12:00), step left foot in front of right (push left hand straight forward)
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- &1-2 Right foot back making $\frac{1}{4}$ turn left, left foot together, right foot forward ($\frac{1}{4}$ turn left coaster)
- 3&4 Left foot low kick forward, left foot beside right (cross arms at waist level), right foot forward (flare hands to sides at waist level)
- 5&6 Left foot $\frac{1}{4}$ turn on the spot (punch right fist straight forward), hold (punch left fist straight forward), cross right foot behind left (knees slightly bent) (slash left hand down - diagonally left)
- 7-8 Right foot forward with $\frac{1}{4}$ turn to right, left foot step forward (9:00)
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- 1&2 Pivot $\frac{1}{2}$ turn right (3:00) (touch left shoulder with right fingers while touching right pelvis with left fingers), hold (slide right fingers to right shoulder while sliding left fingers to left pelvis), step left foot together (slide right fingers down to right pelvis while sliding left fingers up to left shoulder)
- &3&4 Left fingers touch right shoulder while right fingers touch left pelvis, move left fingers back to left shoulder while right fingers move back to right pelvis, tilt head back, nod head
- 5-6 Jump to open legs (arms down by sides), jump to cross right over left ending with knees bent (punch right fist vertically up)
- 7-8 Step left foot beside right (roll right fist over left in front of abdomen for counts 7&), touch right foot behind left (punch right fist down while left lower arm remain horizontal)

REPEAT

TAG

After wall 1 & wall 4 (facing 3:00 & 12:00 when doing the tag)

- 1-4 Right foot to side (with arms by sides, palms facing down & fingers pointing out to sides turn head to look left), left foot together (head back to center), right foot to side (turn head to look right), left foot touch beside right (head back to center)

5-8 Left foot to side (punch right fist out to right side with optional head turn to look at 9:00), right foot together (right arm down with optional head back to center), left foot to side (punch left fist out to left side with optional head turn to look at 3:00), right foot touch beside left (left arm down with optional head back to center)

TAG

Done twice after wall 8 facing 12:00 (16 counts twice)

1-4 Right foot to side (with arms by sides, palms facing down & fingers pointing out to sides turn head to look left), left foot together (head back to center), right foot to side (turn head to look right), left foot touch beside right (head back to center)

5-8 Left foot to side (punch right fist out to right side with optional head turn to look at 9:00), right foot together (right arm down with optional head back to center), left foot to side (punch left fist out to left side with optional head turn to look at 3:00), right foot touch beside left (left arm down with optional head back to center)

9-12 Right foot forward, pivot $\frac{1}{2}$ left, big step to right (push left palm straight out to the left), slide left foot next to right (weight on right foot) (left arm down at side)

ROBOT ARMS

13-16 Left foot to side (flip lower arms vertically up, elbows bent, upper arms horizontal, palms facing each other), right foot together (flip lower arms & hands down keeping upper arms as horizontal as possible), left foot to side (flip only right lower arm & hand up, left arm remaining in position), right foot touch beside left (flip left lower arm up while flipping right lower arm down)

17-32 Repeat above 16 counts to end facing front wall
