

Get Up & Dance

Count: 64

Wand: 2

Ebene: Low Intermediate

Choreograf/in: Malene Jakobsen (DK) - June 2012

Musik: Undeclared - Jason Derulo : (Single - iTunes)



Intro: 32 counts 15 seconds into track, dance begins with weight on R

[1-8] Kick, step back, back rock, kick, step back, back rock

1-2-3-4 (1) Kick L fwd., (2) step back on L, (3) rock back on R, (4) recover onto L [12.00]

5-6-7-8 (5) Kick R fwd., (6) step back on R, (7) rock back on L, (8) recover onto R [12.00]

[9-16] Shuffle fwd., fwd. rock, shuffle 1/2, walk, walk

1&2 (1) Step fwd. on L, (&) step R next to L, (2) step fwd. on L [12.00]

3-4 (3) Rock fwd. on R, (4) recover onto L [12.00]

5&6 (5) Turn 1/4 R stepping R to R, (&) step L next to R, (6) turn 1/4 R stepping fwd, on R [6.00]

7-8 (7-8) Walk fwd. L, R

NOTE: You're restart is here, you'll be facing 6 o'clock

[17-24] Step, point, cross point, jazz box cross

1-2-3-4 (1) Step fwd, on L, (2) point R to R, (3) cross R over L, (4) point L to L [6.00]

5-6-7-8 (5) Cross L over R, (6) step back on R, (7) step L to L, (8) cross R over L [6.00]

[25-32] Side rock, behind side, cross shuffle, chasse

1-2-3-4 (1) Rock L to L, (2) recover onto R, (3) cross L behind R, (4) step R to R [6.00]

5&6 (5) Cross L over R, (&) step R to R, (6) cross L over R [6.00]

7&8 (7) Step R to R, (&) step L next to R, (8) step R to R [6.00]

[33-40] Back rock, shuffle 1/4, 1/4, touch, side touch

1-2 (1) Rock back on L, (2) recover onto R 6.00

3&4 (3) Step L to L, (&) step R next to L, (4) turn 1/4 R stepping back on L [9.00]

5-6-7-8 (5) Turn 1/4 R stepping R to R, (6) touch L next to R, (7) step L to L, (8) touch R next to L [12.00]

[41-48] Vine with cross, side, touch, kick ball cross

1-2-3-4 (1) Step R to R, (2) cross L behind R, (3) step R to R, (4) cross L over R [12.00]

5-6 (5) Step R to R, (6) touch L next to R [12.00]

7&8 (7) Kick L fwd. (&) step L next to R, (8) cross R over L [12.00]

[49-56] Chasse, back rock, 1/2 monterey, point, hold

1-2-3-4 (1) Step L to L, (&) step R next to L, (2) step L to L, (3) rock back on R, (5) recover onto L [12.00]

5-6-7-8 (5) Point R to R, (6) turn 1/2 R bringing R next to L, (7) point L to L, (8) hold [6.00]

[57-64] Back rock, side toe strut, behind fwd., shuffle fwd,

1-2-3-4 (1) Rock back on L, (2) recover onto R, (3) step L toes to L, (4) drop L heel [6.00]

5-6 (5) Cross R behind L, (6) step fwd. on L [6.00]

7&8 (7) Step fwd, on R, (&) step L next to R, (8) step fwd. on R [6.00]

Restart: There is 1 restart on wall 3 after 16 counts, you'll be facing [6.00]

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