|  |  |
| --- | --- |
| Get Up |  |

.

|  |
| --- |
| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Marja Urgert (NL) & Marianne van der Toorn Vrijthoff (NL) - July 2019 |
| **Music:** | Get Up! - Captain Jack |
| . |

**Intro: 32 Counts**

**Side Rock, Recover, Kick & Point, Jazz Box Cross**

|  |  |
| --- | --- |
| 1-2 | RF. Rock to R side - LF. Recover |

|  |  |
| --- | --- |
| 3&4 | RF. Kick fwd - RF. Step beside LF - LF. Point to R side |

|  |  |
| --- | --- |
| 5-6-7-8 | LF. Cross over RF - RF. Step back - LF. Step to L side - RF. Cross over LF |

**1/4 Turn R, Side, Cross, Hold, & Cross Behind, Hold, & Cross Rock, Recover**

|  |  |
| --- | --- |
| 1-2-3-4 | LF. 1/4 Turn R step back - RF. Step to R side - LF. Cross over RF - Hold (3:00) |

|  |  |
| --- | --- |
| &5-6 | RF. Step to R side - LF. Cross behind RF - Hold |

|  |  |
| --- | --- |
| &7-8 | RF. Step to R side - LF. Cross rock over RF - RF. Recover |

**(&) Cross, Hold, & Behind, Hold, & Cross Rock, Recover, Chasse 1/4 Turn R**

|  |  |
| --- | --- |
| &1-2 | LF. Step to L side - RF. Cross over LF - Hold |

|  |  |
| --- | --- |
| &3-4 | LF. Step to L side - RF. Cross behind LF - Hold |

|  |  |
| --- | --- |
| &5-6 | LF. Step to L side - RF. Cross rock over LF - LF. Recover |

|  |  |
| --- | --- |
| 7&8 | RF. Step to R side - LF. Step together - RF. 1/4 Turn R step fwd (6:00) |

**Kick & Point, Sailor 1/4 Turn R, Hip Bumps, Step fwd, Pivot 1/2 Turn L**

|  |  |
| --- | --- |
| 1&2 | LF. Kick fwd - LF. Step beside RF - RF. Point toe to R side |

|  |  |
| --- | --- |
| 3&4 | RF. Cross behind LF with a 1/4 turn R - LF. Step beside RF - RF. Step fwd (9:00) |

|  |  |
| --- | --- |
| 5&6 | LF. Touch toe fwd and bump hips fwd - Bump hips back - Bump hips fwd (weight on LF) |

|  |  |
| --- | --- |
| 7-8 | RF. Step fwd - Pivot 1/2 turn L (3:00) |

**Start Again**

**Contact: marja42@kpnmail.nl / mvdtoornvrijthoff@gmail.com**