|  |  |
| --- | --- |
| The Git Up Challenge |  |

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| --- |
| . |
| **Count:** | 32 | **Wall:** | 1 | **Level:** | Phrased Improver | . |
| **Choreographer:** | Jackie Lincoln (USA) - September 2019 |
| **Music:** | The Git Up - Blanco Brown |
| . |

**#32 Count Intro**

**There are 4 Tags – Sequence = A, Tag 1, A, Tag 2, A, Tag 3, A, Tag 4, A**

**A= MAIN DANCE – CUP IN LEFT HAND**

**R TWO STEP AKA MASHED POTATO**

|  |  |
| --- | --- |
| 1&2 | R Toe Tap Forward Heel In (L In Place Heel In), R Heel Out (L Heel Out) Step Back On R Heel In (L Heel In) |

**L COWBOY BOOGIE**

|  |  |
| --- | --- |
| 3-6 | L Beh, R Side, L Stamp In Place, L Stomp To Left |

**R CROSS UNWIND**

|  |  |
| --- | --- |
| 7-8 | R Cross Unwind Full Turn Left (Couples - He Takes Her L Hand And Spins Her Clockwise On Counts 5-8) |

**R HOE DOWN**

|  |  |
| --- | --- |
| 1&2&3&4& | R Side Kick, Together, L Side Kick, Repeat |

**HEEL BALANCE WITH RIGHT SPRINKLE FINGERS (HAND UP AND FLUTTER YOUR FINGERS)**

|  |  |
| --- | --- |
| 5-8 | Lean Forward Toes In And Knees In, Lean Back And Balance On Heels, Sprinkle Fingers, Step Down |

**L VINE ¼ TURN LEFT,**

|  |  |
| --- | --- |
| 1-4 | L Side, R Beh, L Side, ¼ Left R Forward And Dip Down (Facing 9:00) |

**L BACK IT UP, HALF TURN AND SIP**

|  |  |
| --- | --- |
| 5-8 | L Back, R Back, Start Sipping ¼ Left L Side, ¼ Left R Together (Facing 3:00) |

**L BACK WITH HIPS (LEAN BACK AND ROCK HIPS)**

|  |  |
| --- | --- |
| 1-4 | Keep Sipping, L Back, R Back Stop Sipping, L Back, R Back |

**L FORWARD (LEAN BACK AND ROCK HIPS)**

|  |  |
| --- | --- |
| 5-8 | L Forward, R Forward, L Forward, ¼ Left R Side (Facing 12:00) |

**Tag 1 - 32 Count**

**L R Grape Vines**

|  |  |
| --- | --- |
| 1-8 | L Side, R Beh, L Side, R Touch, R Side, L Beh, R Side, L Touch |

**L Hand Raise (While Swaying L R L R)**

|  |  |
| --- | --- |
| 1-4 | Put Cup In Right Hand, Raise L Hand In The Air |

**L Hand On L Side (While Swaying L R L R)**

|  |  |
| --- | --- |
| 5-8 | Lower L Hand, Put L Hand On Your L Side/Hip |

**Shoulder Rolls**

|  |  |
| --- | --- |
| 1-6 | Bend At The Hip And Roll Shoulders, Bend Back Up While Rolling Shoulders |

**R Slip And Slide Step**

|  |  |
| --- | --- |
| 7-8 | R Side, Draw L Toe In |

**R His Favorite Part - Hip Bumps**

|  |  |
| --- | --- |
| &1&2 3&4 | L Side, R Side Hip Bump Out In Out, L Side Hip Bump Out In Out |

**R Behind Side And R L Sways**

|  |  |
| --- | --- |
| 5-8 | R Behind, L Side, R Sway, L Sway |

**Tag 2 - 32 Count**

**L R Slip And Slides**

|  |  |
| --- | --- |
| 1-4 | L Side, Draw R Toe In, R Side, Draw L Toe In |

**L Sways And Fan - Cool Down Have A Good Time (While Swaying L R L R)**

|  |  |
| --- | --- |
| 5-8 | Fan Your Face With R Hand |

**L R Slip And Slides**

|  |  |
| --- | --- |
| 1-4 | L Side, Draw R Toe In, R Side, Draw L Toe In |

**L Step And Butterfly**

|  |  |
| --- | --- |
| 5-8 | L Side While Bringing Toes And Knees In, Toes And Knees Out, Toes And Knees In, Toes And Knees Out |

**L Round And Round Full Circle – Ball Changes**

|  |  |
| --- | --- |
| &1&2&3&4 | While Turning A Half Circle L Forward, R Together, Repeat 3 Times (6:00) |

|  |  |
| --- | --- |
| &5&6&7&8 | While Turning A Half Circle L Forward, R Together, Repeat 3 Times (12:00) |

**L Side Sways And Dip Down (While Bending Knees And Go Low)**

|  |  |
| --- | --- |
| 1-6 | L Sway, R Sway, L Sway, R Sway |

**Toes Heels Toes In (While Rising)**

|  |  |
| --- | --- |
| 7&8 | Toes In, Heels In, Toes In |

**Tag 3 - 32 Count**

**L Vine Crosses Step Togethers (While Bending Knees And Go Low)**

|  |  |
| --- | --- |
| 1-8 | L Side, R Behind, L Side, R Behind, L Side, R Together, L Side R Touch |

**R Vine Crosses (While Rising)**

|  |  |
| --- | --- |
| 1-8 | R Side, L Cross, R Side, L Cross, R Side, L Behind, R Side, L Behind |

**R Forward Down Criss Cross (While Bending Knees And Go Low)**

|  |  |
| --- | --- |
| 1-4 | R Forward, L Step Next To R Shoulder Width, Knees In, Knees Out While Crossing Hands Over Knees |

**R Forward Up Criss Cross (While Rising)**

|  |  |
| --- | --- |
| 1-4 | R Forward, L Step Next To R Shoulder Width, Knees In, Knees Out While Crossing |

**Hands Over Hips**

**R Do Whatever You Want Here - Or Try Apple Jacks - Easy Alternative = R L Toe Fans For 8 Counts**

|  |  |
| --- | --- |
| 1-2 | Put Weight On Ball Of L Foot And Heel Of R Foot, Swivel L Heel In And R Toe Out, Return To Center |

|  |  |
| --- | --- |
| 3-4 | Put Weight On L Heel And R Ball, Swivel L Toe Out And R Heel In, Return To Center |

|  |  |
| --- | --- |
| 5-8 | Repeat Above |

**Tag 4 - 32 Count**

**“That Was No So Bad” - Do Whatever You Want Here - Or Try This**

**R L Toe Scuff Stomps Forward**

|  |  |
| --- | --- |
| &1&2 | Step L, Touch R Toe Beside Left Bringing Your R Knee In, Scuff The R Foot Forward, Stomp R Foot Forward |

|  |  |
| --- | --- |
| 3&4 | Touch L Toe Beside Right Brining Your L Knee In, Scuff The L Foot Forward, Stomp L Foot Forward |

|  |  |
| --- | --- |
| 5&6 7&8 | Repeat Steps 1-4 Above |

**R L Slip And Slide Steps Backwards**

|  |  |
| --- | --- |
| 1-4 | R Diagonally Back, L Foot Draw Beside R, L Diagonally Back, R Foot Draw Beside L |

|  |  |
| --- | --- |
| 5-8 | Repeat Above |

**R ½ Monterey Turns**

|  |  |
| --- | --- |
| 1-4 | R Toe To R, On Ball Of L Make ½ Turn Over R Shoulder And Step On R, L Toe To L, Step On L |

|  |  |
| --- | --- |
| 5-8 | Repeat Above |

**R L Step Togethers (While Shimmying Your Shoulders)**

|  |  |
| --- | --- |
| 1-4 | R Side, L Together, R Side, L Touch |

|  |  |
| --- | --- |
| 5-8 | L Side, R Together, L Side, R Touch |

**Prepared By Jackie Lincoln In Virginia – I Tried To Simplify The Steps…Enjoy! Linedanceva@Gmail.Com**