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| Gotta Get Up |  |

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| **Count:** | 64 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Robbie McGowan Hickie (UK) - January 2020 | | | | |
| **Music:** | Gotta Get Up - Tyrone Wells | | | | |
| . | | | | | | |

**Music Available on Download from iTunes & www.amazon.co.uk**

**#16 Count intro**

**Stomp Heel Twist. Lock Step Back. Touch Back. Pivot 1/2 Turn Left. Step. Pivot 1/2 Turn Left. Step.**

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| 1&2 | Stomp forward on Right. Twist both heels Right. Twist both heels to centre. (Weight on Left) |

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| 3&4 | Step back on Right. Cross step Left over Right. Step back on Right. |

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| 5 – 6 | Touch Left toe back. Reverse pivot 1/2 turn Left. |

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| 7&8 | Step forward on Right. Pivot 1/2 turn Left. Step forward on Right. (Facing 12 o’clock) |

**2 x Walks Forward. Step. Pivot Full Turn Right. 2 x Walks Back. Right Coaster Step.**

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| 1 – 2 | Walk forward on Left. Walk forward on Right. |

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| 3&4 | Step forward on Left. Pivot 1/2 turn Right. Make 1/2 turn Right stepping back on Left. |

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| 5 – 6 | Walk back on Right. Walk back on Left. |

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| 7&8 | Step back on Right. Step Left beside Right. Step forward on Right. (Facing 12 o’clock) |

**Forward Rock. Triple 3/4 Turn Left. Side. Touch. Side. Behind & Step Forward.**

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| 1 – 2 | Rock forward on Left. Rock back on Right. |

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| 3&4 | Left triple step (on the spot) making 3/4 turn Left stepping Left. Right. Left. |

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| 5&6 | Step Right to Right side. Touch Left toe beside Right. Step Left to Left side. |

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| 7&8 | Cross Right behind Left. Step Left to Left side. Step forward on Right. (Facing 3 o’clock) |

**Diagonal Step Forward. Touch. Back. Cross-Back-Cross. Back. 1/4 Turn Left. Cross Rock & Side Step.**

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| 1&2 | Step Left Diagonally forward Left. Touch Right toe beside Left. Step Right Diagonally back Right. |

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| 3&4 | (Still on Left Diagonal) Cross step Left over Right. Step back on Right. Cross step Left over Right. |

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| 5 – 6 | Step back on Right (Straightening up to 3 o’clock). Make 1/4 turn Left stepping Left to Left side. |

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| 7& | Cross rock Right over Left. Rock back on Left. |

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| 8 | Long step Right to Right side dragging Left towards Right. (Facing 12 o’clock) |

**Back Rock & Step Forward. Right Kick-Ball-Step Forward. Cross-Back-Back- Cross-Back-1/4 Turn Left.**

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| 1&2 | Rock back on Left. Rock forward on Right. Step forward on Left. |

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| 3&4 | Kick Right forward. Step ball of Right beside Left. Step forward on Left. |

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| 5&6 | Cross step Right over Left. Step Left Diagonally back Left. Step Right Diagonally back Right. |

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| 7& | Cross step Left over Right. Step back on Right (Straightening up to 12 o’clock) . |

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| 8 | Make 1/4 turn Left stepping Left to Left side. (Facing 9 o’clock) |

**Cross. Side. Right Sailor Heel. & Cross. Side. Left Cross Shuffle.**

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| 1 – 2 | Cross step Right over Left. Step Left to Left side. |

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| 3&4 | Cross Right behind Left. Step Left to Left side. Touch Right heel Diagonally forward Right. |

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| &5 – 6 | Step Right back to place. Cross step Left over Right. Step Right to Right side. |

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| 7&8 | Cross step Left over Right. Step Right to Right side. Cross step Left over Right. |

**Right Side Rock. Right Sailor 1/2 Turn Right. Step. Pivot 1/2 Turn Right. Chasse Left.**

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| 1 – 2 | Rock Right out to Right side. Recover weight on Left. |

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| 3&4 | Cross Right behind Left making 1/2 turn Right. Step Left beside Right. Step forward on Right. |

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| 5 – 6 | Step forward on Left. Pivot 1/2 turn Right. |

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| 7&8 | Step Left to Left side. Close Right beside Left. Step Left to Left side. (Facing 9 o’clock) |

**Cross Rock. 1 & 1/4 Turn Right. Forward Rock. Left Shuffle 1/2 Turn Left.**

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| 1 – 2 | Cross rock Right over Left. Rock back on Left. |

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| 3& | Make 1/4 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left. |

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| 4 | Make 1/2 turn Right stepping forward on Right. (Facing 12 o’clock) |

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| 5 – 6 | Rock forward on Left. Rock back on Right. |

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| 7&8 | Left shuffle making 1/2 turn Left stepping Left. Right. Left. (Facing 6 o’clock) |

**Start Again**

**Submitted by Kate Sala - kate\_sala@hotmail.com**