|  |  |
| --- | --- |
| Come On Get Up |  |

.

|  |
| --- |
| . |
| **Count:** | 0 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Rob Fowler (ES) |
| **Music:** | Come On Get Up - Janet Jackson |
| . |

**Sequence: ABCD ABCD AABB E AACD A, repeating A to end**

**Start on beat 81**

**PART A (32 COUNTS)**

**TOUCHES, KICKS, KICK BALL STEP, BUMPS**

|  |  |
| --- | --- |
| 1&2 | Touch right toe to right side, touch right toe by left, touch right toe forward |

|  |  |
| --- | --- |
| 3-4 | Hitch right knee, kick right foot back |

|  |  |
| --- | --- |
| 5&6 | Kick right foot forward, step right by left, step left foot forward |

|  |  |
| --- | --- |
| 7-8 | Bump hips forward to the left, back to the right |

**COASTER, CROSS & TOUCH, CROSS & TURN**

|  |  |
| --- | --- |
| 9&10 | Step back on left foot, step right by left, step left foot forward |

|  |  |
| --- | --- |
| 11-12 | Step right across in front of left, touch left toe to left side |

|  |  |
| --- | --- |
| 13-14 | Step left across in front of right, touch right toe to right side |

|  |  |
| --- | --- |
| 15&16 | Step right across in front of left, step back on left, make a ¼ turn to right on ball of left foot stepping right to right side |

**ROCK & SIDE TURN, SIDE, KNEE IN, TURN & SIT**

|  |  |
| --- | --- |
| 17&18 | Rock back on left foot behind right, rock forward onto right foot, step long step to left on left foot |

|  |  |
| --- | --- |
| &19-20 | Make a ½ turn to right on ball of left foot, long step to right on right foot, hold |

|  |  |
| --- | --- |
| &21-22 | Step left by right, step right to right side, touch left toe by right bending left knee across to meet right |

|  |  |
| --- | --- |
| 23-24 | Turn left knee out again turning a ¼ turn to left, bend right knee slightly placing weight back on right foot in a 'sitting' position |

**WALKS, TURNS, STOMP**

|  |  |
| --- | --- |
| 25-26 | Walk forward on left foot, right foot |

|  |  |
| --- | --- |
| 27-28 | Make a ½ turn to right on ball of right foot and step back on left, make a ½ turn right on left foot and step forward on right |

|  |  |
| --- | --- |
| 29-30 | Make a ¼ turn to right on ball of right foot and step left by right, step right behind left |

|  |  |
| --- | --- |
| 31-32 | Full turn to right on balls of feet, stomp left by right |

**PART B (8 COUNTS)**

**QUARTER MONTEREY WITH ARMS, QUARTER MONTEREY WITH ARMS**

|  |  |
| --- | --- |
| 1-2 | Touch right toe to right side, step right by left making ¼ turn to right on left foot |

|  |  |
| --- | --- |
| 3-4 | Touch left toe to left side, step left by right |

|  |  |
| --- | --- |
| 5-6 | Repeat counts 1, 2 |

|  |  |
| --- | --- |
| 7-8 | Repeat counts 3, 4 |

**Arms**

|  |  |
| --- | --- |
| 1 | Place right fist to right side of chest, back of hand upwards and elbow out to right side. Arm should be horizontal |

|  |  |
| --- | --- |
| & | Rotate forearm 1 ½ turns to the right in a small circle as you turn fist ½ turn to the right. Fist is moving towards right hip |

|  |  |
| --- | --- |
| 2 | Place fist on right hip. Back of hand is facing down and elbow pointing backwards |

|  |  |
| --- | --- |
| 3 | Place left fist to left side of chest, back of hand upwards and elbow out to left side. Arm should be horizontal |

|  |  |
| --- | --- |
| & | Rotate forearm 1 ½ turns to the left in a small circle as you turn fist ½ turn to the left. Fist is moving towards left hip |

|  |  |
| --- | --- |
| 4 | Place fist on left hip. Back of hand is facing down and elbow pointing backwards |

**PART C (32 COUNTS)**

**FULL MONTEREY, WALK BACK**

|  |  |
| --- | --- |
| 1-2 | Touch right toe to right side, make full turn to right on left foot bringing right by left |

|  |  |
| --- | --- |
| 3-4 | Touch left toe to left side, step left toe by right |

|  |  |
| --- | --- |
| 5-8 | Walk back right, left, right, step left by right |

**¾ MONTEREY, WALK BACK**

|  |  |
| --- | --- |
| 9-10 | Touch right toe to right side, make ¾ turn to right on left foot bringing right by left |

|  |  |
| --- | --- |
| 11-12 | Touch left toe to left side, step left toe by right |

|  |  |
| --- | --- |
| 13-16 | Walk back right, left, right, step left by right |

|  |  |
| --- | --- |
| 17-24 | Repeat 9-16 |

|  |  |
| --- | --- |
| 25-32 | Repeat 9-16 |

**PART D (32 COUNTS)**

**WALK, ROCK & TURN, TOUCHES, SAILOR STEP**

|  |  |
| --- | --- |
| 1-2 | Walk forward right, left |

|  |  |
| --- | --- |
| 3&4 | Rock forward onto right foot, step back on left, make a ½ turn to right on ball of left foot stepping forward on right |

|  |  |
| --- | --- |
| 5-6 | Make a ¼ turn right on right foot and touch left toe to left side, make a ½ turn right on right foot and touch left toe to left side |

|  |  |
| --- | --- |
| 7&8 | Step left behind right, step right to right side, step left by right |

**KICK & TOUCH, KICK & TOUCH, MASH POTATOES & SWIVET**

|  |  |
| --- | --- |
| 9&10 | Kick right toe forward, step forward on right foot, touch left toe to left side |

|  |  |
| --- | --- |
| 11&12 | Kick left toe forward, step forward on left foot, touch right toe to right side |

|  |  |
| --- | --- |
| 13 | Turn left heel in and slide right instep behind |

|  |  |
| --- | --- |
| &14 | Fan both heels out turn right heel in and slide left instep behind |

|  |  |
| --- | --- |
| &15 | Fan both heels out turn left heel in and slide right instep behind |

|  |  |
| --- | --- |
| &16 | With weight on left toe & right heel twist left heel to left and right toe to right twist back to center |

|  |  |
| --- | --- |
| 17-32 | Repeat counts 1-16 |

**PART E (48 COUNTS)**

**KICK & KICK & STEP TWICE**

|  |  |
| --- | --- |
| 1&2 | Kick right fool forward, step right by left and kick left foot forward |

|  |  |
| --- | --- |
| &3-4 | Step left by right and step forward onto right foot, step left by right |

|  |  |
| --- | --- |
| 5&6 | Kick left fool forward, step left by right and kick right foot forward |

|  |  |
| --- | --- |
| &7-8 | Step right by left and step forward onto left foot, step right by left |

**'APPLEJACK' TO LEFT, WALK BACK AND TURN**

|  |  |
| --- | --- |
| 9 | Move left toe and right heel to left. Right hand touches left shoulder |

|  |  |
| --- | --- |
| & | Move left heel and right toe to left. Right hand touches right shoulder |

|  |  |
| --- | --- |
| 10 | Move left toe and right heel to left. Right hand touches right hip |

|  |  |
| --- | --- |
| 11 | Move left heel and right toe to left. Left hand touches right shoulder |

|  |  |
| --- | --- |
| & | Move left toe and right heel to left. Left hand touches left shoulder |

|  |  |
| --- | --- |
| 12 | Move left heel and right toe to left. Left hand touches left hip |

|  |  |
| --- | --- |
| 13-15 | Walk back right, left, right |

|  |  |
| --- | --- |
| 16 | On balls of both feet make a ¼ turn to the right |

**TOUCHES AND KNEE BENDS**

|  |  |
| --- | --- |
| 17&18 | Touch left toe forward, step left by right and touch right toe forward |

|  |  |
| --- | --- |
| &19 | Step right by left and touch left toe forward |

|  |  |
| --- | --- |
| 20 | Bend knees, straighten up |

**Hands: place hands out at waist level on the count of 19, on a slight diagonal to the left and with palms down. On the & count (as you bend your knees) lift hands slightly and on count 20 lower them slightly again**

|  |  |
| --- | --- |
| &21&22 | Step left by right, touch right toe forward, step right by left and touch left toe forward |

|  |  |
| --- | --- |
| &23 | Step left by right and touch right toe forward |

|  |  |
| --- | --- |
| &24 | Bend knees, straighten up |

**Hands: place hands out at waist level on the count of 23, on a slight diagonal to the right and with palms down. On the & count (as you bend your knees) lift hands slightly and on count 24 lower them slightly again**

**STEP PIVOTS**

|  |  |
| --- | --- |
| 25-26 | Step forward on right foot, make a ½ turn to left weight ending on left foot |

|  |  |
| --- | --- |
| 27-28 | Step forward on right foot, make a ¼ turn to left weight ending on left foot |

|  |  |
| --- | --- |
| 29-30 | Step forward on right foot, make a ½ turn to left weight ending on left foot |

|  |  |
| --- | --- |
| 31-32 | Stomp right foot forward, stomp left by right |

**KICKS AND TURNS**

|  |  |
| --- | --- |
| 33&34 | Kick right foot forward, step right by left, touch left to left side |

|  |  |
| --- | --- |
| 35&36 | Kick left foot forward, step left by right, touch right to right side |

|  |  |
| --- | --- |
| 37-38 | Step right foot behind left, full turn to right on balls of feet |

|  |  |
| --- | --- |
| 39-40 | Sweep left toe round to left side, hold |

|  |  |
| --- | --- |
| 41&42 | Kick left foot forward, step left by right, touch right to right side |

|  |  |
| --- | --- |
| 43&44 | Kick right foot forward, step right by left, touch left to left side |

|  |  |
| --- | --- |
| 45-46 | Step left foot behind right, full turn to left on balls of feet |

|  |  |
| --- | --- |
| 47-48 | Sweep right toe round to right side, hold |

**REPEAT**