

# Get Up, Get Down

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Ria Vos (NL) & Karl-Harry Winson (UK) - July 2015

Music: Don't Worry (feat. Ray Dalton) - Madcon : (Single)



**Intro: 32 Counts from heavy beat (± 23 sec.)**

**S1: Side, Drag, Ball-Cross, ¼ R, ¼ R, Touch/Dip, ¼ L, ¼ L**

- 1-2 Step R Big Step to R Side, Drag L Towards R
- &3-4 Step on Ball of L Next to R, Cross R Over L, ¼ Turn R Step Back on L
- 5-6 ¼ Turn R Step R to R Side, Dip Down and Touch L Next to R
- 7-8 ¼ Turn L Step Fwd on L, ¼ Turn L Step R to R Side

**S2: Behind, Hold, Ball-Cross, Monterey ½ Turn R, Kick & Heel/Lean Back**

- 1-2 Step L Behind R, Hold
- &3-4 Step on Ball of R to R Side, Cross L Over R, Point R to R Side
- 5-6 ½ Turn R Step R Next to L, Point L to L Side
- 7&8 Kick L Fwd, Step Back on L, Touch R Heel Fwd Slightly Leaning Body Back

**S3: Rock Fwd-Back, Step, Scuff-Hitch ¼ R, Side, Drag, & Walk, Walk**

- 1-2 Rock Fwd (Toe Down), Rock Back (Toe Up)
- 3&4 Step Fwd on R, Scuff L Next to R, Hitch L into ¼ Turn R
- 5-6 Step L Big Step to L Side, Drag R Towards L
- &7-8 Step R Next to L, Step Fwd on L, Step Fwd on R

**S4: Rock Fwd, Triple ¾ Turn L, Step Fwd, ½ Turn R, Shuffle ½ Turn R**

- 1-2 Rock Fwd on L, Recover on R
- 3&4 Shuffle ¾ Turn L Stepping L, R, L
- 5-6 Step Fwd on R, ½ Turn R Step Back on L
- 7&8 Shuffle ½ Turn R Stepping R, L, R

**S5: ¼ R Side, Hold, Ball-Side Rock, Behind-Side-Cross, Side, Hold**

- 1-2 ¼ Turn R Step L to L Side, Hold (option: start bodyroll L)
- &3-4 Step Ball of R Next to L (option: end bodyroll), Rock L to L Side, Recover on R
- 5&6 Step L Behind R, Step R to R Side, Cross L Over R
- 7-8 Step R to R Side, Hold (option: start bodyroll R)

**S6: Ball-Side Rock, Coaster Step, Step Fwd, ½ R Hook, Shuffle Fwd**

- &1-2 Step Ball of L Next to R (option: end bodyroll), Rock R to R Side, Recover on L
- 3&4 Step Back on R, Step L Next to R, Step Fwd on R
- 5-6 Step Fwd on L, Turn ½ R Hooking R Across L
- 7&8 Shuffle Fwd Stepping R, L, R

**S7: Diagonal Fwd Step, Point, Diagonal Back Step, Point Behind, Out-Out, Hold, & Side**

- 1-2 Step L Fwd to L Diagonal, Point R Fwd Across L (L arm up, R arm down, angle upper body R)
- 3-4 Step R Back to R Diagonal, Point L Behind R (circle R arm up to shoulder level end pointing down)
- 5-6 Step L Out to L Side, Step R Out to R Side
- 7&8 Hold, Step L Next to R, Step R to R Side

**S8: Cross Rock, Full Turn L, Touch, Kick-Ball-Cross**

- 1-2 Rock L Over R, Recover on R

3-4            ¼ Turn L Step Fwd on L, ½ Turn L Step Back on R  
5-6            ¼ Turn L Step L to L Side, Touch R Next to L  
7&8            Kick R to R Diagonal, Step on Ball of R Next to L, Cross L Over R

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