## Get Up And Swing

Count: 48 Wall: 4
Level: High Beginner
Choreographer: Maryse Gagnon (CAN) \& Stéphane Beauchamp (CAN) - November 2021
Music: Ain't Nobody Here But Us Chickens - The Jive Aces


Intro: 48 counts
S. 1 Two Diagonal Forward Lock Steps and Forward Brush.

12 Step R Forward Right Diagonal, Step L Lock
34 Step R Forward, Step L Brush Forward
56 Step L Forward Left Diagonal, Step R Lock
78 Step L Forward, Step R Brush Forward
S. 2 Half Left Turn Pivot and three times Forward Diagonal and Touch Together.

12 Step R Forward, 1/2 left turn pivot Step L Recover
34 Step R Forward Right Diagonal, Step L Touch
56 Step L Forward Left Diagonal, Step R Touch
78 Step R Forward Right Diagonal, Step L Touch
S. 3 Forward Mambo and Forward Kick, Coaster and Hold.

12 Step L Forward, Step R Recover
34 Step L Back, Step R Forward Kick
56 Step R Back, Step L Together
78 Step R Forward, Hold
S. 4. Quarter Right Turn Pivot, Cross Over and Hold, Twists and Hold.

12 Step L Forward, 1/4 Right Turn Pivot Step R Recover
34 Step L Cross Over Right, Hold
$56 \quad$ Twist Heels to Right, Twist Toes to Right
78 Twist Heels to Right, Hold
(Restart here on Wall 1, 4 and 8)
S. 5 Rumba Box.

12 Step R Side, Step L Together
34 Step R Back, Hold
56 Step L Side, Step R Together
78 Step L Forward, Hold
S. 6 Forward and Hold, Forward Kick, 1/2 Left Turn Triple Step.

12 Step R Forward, Hold
34 Step L Forward Kick Two Counts
56 1/4 Left Turn Step L Slightly Side, Step R Together
78 1/4 Left Turn Step L Slightly Side, Hold

Restart after 32 Counts on Wall 1 facing 9:00, on Wall 4 facing 12:00 and on Wall 8 facing 6:00
Ending on Wall 10 you do the first 24 Counts and add Step L Forward and 1/4 Turn Left Step R Side.
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