

Come On Get Up

Count: 0

Wall: 4

Level: Intermediate

Choreographer: Rob Fowler (ES)

Music: Come On Get Up - Janet Jackson



Sequence: ABCD ABCD AAB 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 $\frac{1}{4}$ 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 $\frac{1}{2}$ 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 $\frac{1}{4}$ 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 $\frac{1}{2}$ turn to right on ball of right foot and step back on left, make a $\frac{1}{2}$ turn right on left foot and step forward on right
- 29-30 Make a $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 $1 \frac{1}{2}$ turns to the right in a small circle as you turn fist $\frac{1}{2}$ 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 foot 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 foot 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
