Count: 32
Wall: 4
Level: Low Intermediate
Choreographer: Dancin' Dean (USA) - September 2020
Music: Get 'Em Up - Nickelback

## **2 restarts after 16\& counts on wall 5 and 8 START ON VOCAL

WALK, WALK, ROCK, RECOVER, BACK, BACK, BACK, COASTER, CROSS
1-2 Walk Right Forward, Walk Left Forward
3\&4 Rock forward Right, Recover on Left, Step Right slightly back
5-6 Step back Left (flat) while fanning right toe out, Step back Right (flat) while fanning left toe out
7\&8 Step back Left, Step Right to Left, Cross Left over Right to Right diagonal (1:30)
TAP, PRESS, RECOVER, BEHIND, SIDE, CROSS (V STEP) OUT, OUT, IN, IN
\&1-2 Tap Right next to Left, Press Right to Right Diagonal, Recover on Left (1:30)
3\&4 Step Right Behind left, turn 1/8 turn left stepping left to side, Cross Right over Left (12:00)
5-8 Step Left out to Left Diagonal, Step out Right to Right Diagonal, Step Left In, Step Right In
BALL, CROSS, POINT, LEFT SAILOR, RIGHT SAILIOR WITH ¼ RIGHT, ROCK FORWARD, RECOVER, BACK
\&1-2 Step ball of Left next to Right, cross Right over Left, Point Left to Left side
$3 \& 4$
5\&6

7\&8
Step Left behind Right, step out slightly Right, Step Left out slightly Left
Step Right Behind Left, Step Left slight left turn 1/8 Right, Step Right Forward turn $1 / 8$ turn Right
Rock Forward Left, Recover Right, Step Left Slightly back
BALL, CROSS, POINT, BACK, SIDE ROCK, BEHIND OUT, OUT, IN, IN, SIT
\&1-2 Step ball of Right next to Left, Cross Left over Right, Point Right to side
3\&4 Step Right Behind Left, Rock Left to Left side, Recover on Right
55 tep Left behind Right
\&6\&7 Step out Right, step out Left, step in Right, Touch Left Toe next to Right, (travels slightly back)
8 - $\quad$ Shift weight Left (sit) bending right knee into towards left leg
Last Update - 4 Oct. 2020-R2

