## Get Up Offa That Thing

Compte: 32
Mur: 4
Niveau: Intermediate - Funky
Chorégraphe: Daniel Trepat (NL) \& Pim van Grootel (NL) - August 2009
Musique: Get Up Offa That Thing - James Brown : (Album: Robot Soundtrack)


Intro: Dance starts after James Brown yell (4 counts)
Kick, close, knee points, close (repeat on L), foot in, out, in, out, in while travelling to right side
1 RF Kick forward
\& RF Close next to LF
2 Push both knees out
\& Knees back
3 LF Kick forward
\& LF Close next to RF
$4 \quad$ Push both knees out
$5 \quad R$ heel out and $L$ toes in
$6 \quad L$ heel in and $R$ toes out
$7 \quad R$ heel out and $L$ toes in
\& $\quad L$ heel in and $R$ toes out
$8 \quad R$ heel out and $L$ toes in

## Step with knee actions and hitch, running man steps

1
\&
2
3
\&
4
$5 \quad$ Jump (RF forward and LF back)
\& $\quad J u m p(R F$ in the middle and hitch $L$ )
$6 \quad$ Jump (LF forward and RF back)
\& Jump (LF in the middle and hitch R)
$7 \quad$ Jump (RF forward and LF back)
\& Jump (RF in the middle and hitch $L$ )
$8 \quad$ Jump (LF forward and RF back)
\& Jump (LF in the middle and hitch $R$ )

## Step, heel, Step, heel, weight changes while stomping a $1 / 4$ turn left

1 RF Step to right side
2 LF Heel to left side and push hip back
3 LF Step to left side
$4 \quad$ RF Heel to right side and push hip back
5 RF Stomp to right side
\& LF Recover weight
$6 \quad$ RF $1 / 8$ turn left and stomp to right side
\& LF Recover weight
$7 \quad$ RF Stomp to right side
\& LF Recover weight
$8 \quad$ RF $1 / 8$ turn left and stomp to right side
\&
LF Toe out
LF Heel out
LF Toe out
LF Heel out
LF Toe out

RF Start dragging towards LF
RF Finish dragging RF (weight stays on LF
RF Step a small step forward, popping left knee forward
LF Step a small step forward, popping right knee forward
RF Step a small step forward, popping left knee forward
LF Step a small step forward, popping right knee forward

## Start again

Tag in the 9th wall after 16 counts
1 Look back (turn head over right shoulder)
2 Look forward
Tag comes back after the 10th wall
HAVE FUN

