

Get A Grip...

Compte: 48

Mur: 2

Niveau: Intermediate / Advanced

Chorégraphe: Neville Fitzgerald (UK)

Musique: You Make Me Sick - P!nk



SIDE, ROCK & POINT HITCH CROSS, & SIDE, CROSS, BACK CROSS BACK

- 1-2& Step left to left side, rock right behind left, recover on right
- 3&4 Point right to right side, hitch right knee to right diagonal, cross step right over left
- &5-6 Step back on left, step right to right side, cross step left over right
- 7&8 Step back on right, cross/lock left over right, step back on right (12:00)

¼ TURN, SIDE, ROCK & SIDE, SAILOR ¼ TURN, DIAGONAL COASTER STEP, TAP, TAP, STEP

- &1 Make ¼ turn to left stepping forward on left, step right to right side (9:00)
- 2&3 Cross rock left behind right, recover on right, step left to left side
- 4&5 Cross step right behind left, ¼ turn to left stepping forward on left, step right to right side (6:00)
- 6&7 Turn 1/8th to left stepping back on left, step right next to left, step forward on left (4:30)
- &8& Tap right toe next to left heel, tap right toe next to left heel, back on right

CROSS, BACK, SIDE, CROSS STEP CROSS, ¼, ½, ¼ ROCK &

- 1-2 Cross/lock left over right, step back on right
- 3 Make 1/8th turn left stepping left to left side (3:00)
- 4&5 Cross step right over left, step left to left side, cross step right over left
- 6-7 Make ¼ turn to right stepping back on left, ½ turn to right stepping forward on right (12:00)
- 8& Make ¼ turn to right rocking left to left side, recover on right (3:00)

CROSS, ¼ TURN, BACK, CROSS BACK CROSS, BACK, BACK, CROSS, SIDE, BACK, CROSS

- 1-2 Cross step left over right, make ¼ turn left stepping back on right (12:00)
- 3 Step back on left facing slightly diagonal left (11:00ish)
- 4&5 Cross step right over left, step back on left, cross step right over left (travel diagonally left/back)
- &6& Step back on left, step back on right to right diagonal, cross left over right (1:00)
- 7&8 Step right to right side, step back on left to left diagonal, cross step right over left (11:00)

& ¼ FLICK, WALK, WALK, MAMBO STEP, TOUCH, ¼ SIT, KICK &

- &1 Tap left toe next to right, make ¼ turn to right as you flick left behind (3:00)
- 2-3 Walk forward left-right
- 4&5 Rock forward on left, recover on right, step back on left
- 6-7 Touch right toe back, make ¼ turn to right sitting weight on left (6:00)
- 8& Kick right to right diagonal, step right to right side

CROSS DIP, SIDE CROSS DIP, HITCH, BEHIND & CROSS, ¼, ½, ¼

- 1-2 Cross step left over right as you dip bending knees, step right to side as you rise up
- 3-4 Cross step left over right as you dip bending knees, hitch right knee into right diagonal corner as you rise up
- 5&6 Cross step right behind left, step left to left side, cross step right over left
- 7-8 Make ¼ turn to right stepping back on left, ½ turn to right stepping forward on right (3:00)
- & On ball of right make ¼ turn to right (6:00)

REPEAT