Mur: 2
Niveau: Improver
Chorégraphe: Ross Brown (ENG) - September 2009
Musique: Get Up 'N' Go - The Ditty Bops : (CD: Moon Over The Freeway - 2:12)


Intro: 8 Counts (Approx. 7 Secs)
CHASSE RIGHT. ( $1 / 4$ TURN L) CHASSE LEFT. HEEL SWITCHES. STEP, KNEE POP.
$1 \& 2$ Step right to the right, close left up to right, step right to the right.
$3 \& 4 \quad$ Make a $1 / 4$ turn left stepping left to the left, close right up to left, step left to the left.
5\&6\& Tap right heel forward, step right next to left, tap left heel forward, step left next to right.
7\&8 Step forward with right, pop both knees forward raising both heels, place both heels. (9 o'clock)

COASTER STEP. STEP, KNEE POP. COASTER STEP. STEP, PIVOT ¼ TURN L.
1\&2 Step back with right, step left next to right, step forward with right.
3\&4 Step forward with left, pop both knees forward raising both heels, place both heels..
5\&6 Step back with left, step right next to left, step forward with left.
7-8 Step forward with right, pivot a $1 / 4$ turn left. (6 o'clock)

## Restart On Wall 3, restart the dance at this point facing $6 o^{\prime}$ clock.

DIAGONAL KICKS. SAILOR STEP. CROSS SHUFFLE.
1-2-3-4 Kick right foot across left, kick right foot forward to right diagonal, repeat both kicks.
5\&6 Cross step right behind left, step left to the left, step right to the right.
7\&8 Cross step left over right, close right up to left, cross step left over right. (6 o'clock)

## DIAGONAL HEEL ROCK, RECOVER. BEHIND, SIDE, CROSS. X2

1-2 Rock forward to right diagonal on right heel, recover onto left.
$3 \& 4 \quad$ Cross step right behind left, step left to the left, cross step right over left.
5-6 Rock forward to left diagonal on left heel, recover onto right.
7\&8 Cross step left behind right, step right to the right, cross step left over right. (6 o'clock)
CHASSE RIGHT. ( $1 / 4$ TURN L) CHASSE LEFT. HEEL SWITCHES. STEP, KNEE POP.
1-8 Repeat Section 1. (3 o'clock)
COASTER STEP. STEP, KNEE POP. COASTER STEP. STEP, PIVOT ¼ TURN L.
1-8 Repeat Section 2. (12 o'clock)
DIAGONAL KICKS. SAILOR STEP. CROSS SHUFFLE.
1-8 Repeat Section 3. (12 o'clock)
End of Dance. Start again and Enjoy!
NOTE 1: The dance is a One Wall Dance however the Restart turns it into a Two Walls.
NOTE 2: If it helps you to remember the dance, the HEEL ROCKS are done facing the Back before the Restart and then facing the Front after the Restart.
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