The Git Up



Count: 64 Wand: 1 Ebene: Easy Intermediate

Choreograf/in: Molly Yeoh (MY) - June 2019

Musik: The Git Up - Blanco Brown



Intro: 32 counts to start
**Tag (16 X 2) one time only

SEQUENCE: 64 (3 set), 32, TAG(2 set), 32

(1 to 8) CHARLESTON, STEP BACK, SIDE STEPS, SPIRAL TURN

1 2 3 4 Step R fwd, (weight on L), step R back, step L behind R, step R beside L(weight on R)

5 6 7 8 Lift up L and step down, R cross over L (weight on both legs), spiral L turn to 12 o'clock (7,8)

(9-16) 4 SIDE KICKS, ON HEELS, CHEST PUMP

1&2&3&4& R kick to R recover, L kick to L recover (repeat R and L)

5 6 7 8 Stand on both heels (5,6), chess pump (7,8)

(17-24) SIDE STEP, SHOULDER ROLL, R SIDE STEP, TAKE A SIP(HAND MOVEMENT, DRINKING)

L step to L, R step beside L, shoulder roll to L side, R touch beside L 5 6, 7 8 R step to R, L step touch beside R, L hand take a sip, R hand on hip

(25-32) SHUFFLE FORWARD, PIVOT TURN (REPEAT)

1&2, 3 4 L shuffle fwd, LRL, R step fwd, $\frac{1}{2}$ L turn, L step fwd 5&6, 7 8 R shuffle fwd RLR, L step fwd $\frac{1}{2}$ R turn, R step fwd

*At 4th round, closed R foot beside L, then do Tag 16 (2 set)

(33-40) SIDE TOGETHER, LEFT SHUFFLE, ROLLING VINE TO RIGHT(CLAP)

1 2, 3&4 L step to L, R followed, cha cha LRL to L

5 6 7 8 R ¼ turn R step fwd, L ¼ turn step beside R, R ½ turn step to side, L step beside R

(41-48) SIDE TOGETHER, LEFT SHUFFLE (REPEAT RIGHT SIDE)

1 2, 3&4 L step to L, R followed, cha cha LRL to L 5 6, 7&8 Step R to R, L followed, cha cha RLR to R

(49-56) SHIMMY TO LEFT THEN RIGHT, SLIDE TO LEFT THEN RIGHT

1 2,3 4 Shimmy shoulder to L, shimmy shoulder to R (3,4)

5 6 7 8 L Slide to L side, R touch beside L, slide to right side, L touch beside R(7,8)

(57-64) SHUFFLE FULL CIRLCE, TWO STEP FORWARD

1&2, 3&4 L turn, shuffle or cha cha in circle LRL, RLR 5&6, 7&8 Continue LRL, step R fwd, step L fwd

Note: (33 – 64) Variety of hands actions will bring justice to the song! Feel free, TQ

**TAG: 16 COUNT

(1 to 8)SHUFFLE FORWARD, STEP TOUCHES

1&2, 3 4 R cha cha RLR fwd, L step fwd, R touch to R,

5 6, 7 8 R step behind L, L touch to L, L step behind R, R touch to R

(9 to 16) FRONT, BACK, RIGHT AND LEFT MAMBO

1&2, 3&4 R rock fwd recover on L, R step beside L, L rock back recover on R, L step beside R R rock to R recover on L, R step beside L, L rock to L recover R, L step beside R

Hope you enjoy this dance! Thank you so much!

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