

Get Back Ups

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Kim Ray (UK) - November 2019

Musik: Win Life - Luke Bryan



Intro: 16 counts

S1: STEP SIDE, TOGETHER, CHASSE RIGHT, CROSS ROCK/RECOVER, CHASSE ¼ TURN LEFT

- 1-2 Step right to right side, step left together
- 3&4 Step right to right side, step left next to right, step right to right side
- 5-6 Cross rock left over right, recover back on right
- 7&8 Step left to left side, step right next to right, ¼ turn left stepping forward on left (9:00)

S2: ½ PIVOT TURN LEFT, ¼ PIVOT TURN LEFT, CROSS, BACK & CROSS SHUFFLE

- 1-2 Large step forward on right, ½ pivot turn left (3:00)
- 3-4 Large forward on right, ¼ pivot turn left ((12:00)
- 5-6 Cross right over left, step back on left
- &7&8 Step right slightly back, cross left over right, step right to right side, cross left over right

(RESTART HERE ON WALL 3)

S3: SIDE ROCK RIGHT/RECOVER, WEAVE, SIDE ROCK LEFT/RECOVER, BEHIND, SIDE, FORWARD

- 1&2 Step right to right side, touch left next to right, step left to left side
- 3&4 Cross right behind left, step left to left side, cross right over left
- 5&6 Step left to left side, touch right next to left, step right to right side
- 7&8 Cross left behind right, step right to right side, step forward on left (12:00)

S4: ½ PIVOT TURN LEFT, SHUFFLE ½ TURN LEFT, ¼ TURN LEFT, TOUCH RIGHT, BALL BEHIND, BALL CROSS

- 1-2 Step forward on right, pivot ½ turn left (6:00)
- 3&4 Shuffle ½ turn left stepping right, left, right (12:00)
- 5-6 ¼ turn left stepping left to left side, touch right next to left (9:00)
- &7 Step right to right side, cross left behind right
- 8& Step right to right side, cross left over right

Dances finishes on count 8 of S3 – ¼turn left stepping right to right side (12:00)

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