

Get Up And Swing

Count: 48

Wand: 4

Ebene: High Beginner

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Musik: Ain't Nobody Here But Us Chickens - The Jive Aces



Intro: 48 counts

S. 1 Two Diagonal Forward Lock Steps and Forward Brush.

1 2 Step R Forward Right Diagonal, Step L Lock
3 4 Step R Forward, Step L Brush Forward
5 6 Step L Forward Left Diagonal, Step R Lock
7 8 Step L Forward, Step R Brush Forward

S. 2 Half Left Turn Pivot and three times Forward Diagonal and Touch Together.

1 2 Step R Forward, 1/2 left turn pivot Step L Recover
3 4 Step R Forward Right Diagonal, Step L Touch
5 6 Step L Forward Left Diagonal, Step R Touch
7 8 Step R Forward Right Diagonal, Step L Touch

S. 3 Forward Mambo and Forward Kick, Coaster and Hold.

1 2 Step L Forward, Step R Recover
3 4 Step L Back, Step R Forward Kick
5 6 Step R Back, Step L Together
7 8 Step R Forward, Hold

S. 4. Quarter Right Turn Pivot, Cross Over and Hold, Twists and Hold.

1 2 Step L Forward, 1/4 Right Turn Pivot Step R Recover
3 4 Step L Cross Over Right, Hold
5 6 Twist Heels to Right, Twist Toes to Right
7 8 Twist Heels to Right, Hold

(Restart here on Wall 1, 4 and 8)

S. 5 Rumba Box.

1 2 Step R Side, Step L Together
3 4 Step R Back, Hold
5 6 Step L Side, Step R Together
7 8 Step L Forward, Hold

S.6 Forward and Hold, Forward Kick, 1/2 Left Turn Triple Step.

1 2 Step R Forward, Hold
3 4 Step L Forward Kick Two Counts
5 6 1/4 Left Turn Step L Slightly Side, Step R Together
7 8 1/4 Left Turn Step L Slightly Side, Hold

Restart after 32 Counts on Wall 1 facing 9:00, on Wall 4 facing 12:00 and on Wall 8 facing 6:00

Ending on Wall 10 you do the first 24 Counts and add Step L Forward and 1/4 Turn Left Step R Side.

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