

Get Up & Smile

Count: 32

Wand: 2

Ebene: Intermediate

Choreograf/in: Séverine Fillion (FR) - February 2022

Musik: Smile - Sidewalk Prophets



Intro : 16 counts

[1-8] SIDE ROCK & SIDE ROCK, CROSS SHUFFLE, 3/4 TURN LEFT

1-2 Rock step right to right side, recover on left
& Right next to left
3-4 Rock step left to left side, recover on right
5&6 Left cross over right, right to right, left cross over right
7-8 1/4 turn left stepping right back, 1/2 turn left stepping left fwd 3:00

* RESTART N° 1 on wall 3 (start at 12:00 after an extra 1/4 turn left)

[9-16] ROCK FWD, TRIPLE BACK, 1/2 TURN & TRIPLE FWD, SCISSOR 1/4 TURN

1-2 Rock step right fwd, recover on left
3&4 Triple step right – left – right backward
5&6 1/2 turn left and Triple step left – right – left fwd 9:00
7&8 1/4 turn left and right to right, left next to right, right cross over left 6:00

[17-24] SIDE STOMP, HOLD, SAILOR STEP, SIDE STOMP, HOLD, SAILOR STEP

1-2 Stomp left to left side, Hold
3&4 Right cross behind left, left to left, right to right
5-6 Stomp left to left side, Hold
7&8 Right cross behind left, left to left, right to right

* RESTART N° 2 on wall 7 (with a Touch right on count 8)

[25-32] STEP FWD, 1/2 TURN & HOOK, KICK BALL CHANGE, HEEL & TOE SWITCHES 1/2 T

1-2 Left step fwd, Turn 1/2 right with right Hook cross over left leg 12:00
3&4 Kick right fwd, right next to left, left step in place
5&6 Touch right heel fwd, recover on right next to left, Touch left toe back
&7 1/4 turn left stepping left next to right, Touch right toe back
&8& 1/4 turn left stepping right next to left, Touch left heel fwd, recover on left next to right 6:00

TAG (4 counts) ROCKING CHAIR : At the end of wall 2 at 12:00

Rock step right fwd, recover on left, Rock step right back, recover on left

RESTARTS :

N°1 : After 8 counts on wall 3 at 12:00 (+ Extra 1/4 turn left)

N°2 : After 24 counts on wall 7 at 12:00

ENJOY & HAVE FUN !