

Get Up Again

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Juan C. Gonzalez (USA) - December 2023

Musik: Get Up - KEiINO



#16 Counts Intro. 1 Tag after wall 5 facing 9:00

[1-8] Diagonal Forward, Side Hitch, Side, Behind, Side, Touch, Side, Close

- 1-2 Step RF to the diagonal forward (1), Lift R slightly up as you hitch L knee to the side (2) 12:00
- 3-4 Step LF to the side (3), Step RF behind LF (4) 12:00
- 5-6 Step LF to the side (5), Touch RF next to LF (6) 12:00
- 7-8 Step RF to the side (7), Step LF next to RF (8) 12:00

[9-16] 3x Swivels, Step, Point, Flick, Cross Rock, Recover

- 1-3 With feet closed swivel heels to L (1), Swivel toes to L (2), Swivel heels to L weight ends on RF (3) 12:00
- 4-6 Step LF in place (4), Point RF to the side (5), Flick RF (6) 12:00
- 7-8 Rock RF in front of LF (7), Recover weight on LF (8) 12:00

[17-24] Step-Back Rock-Recover, Step-Back Rock-Recover

- 1-4 Big step RF to the side (1), Slide LF towards RF (2), Rock LF behind RF (3), Recover weight on RF (4) 12:00
- 5-8 Big step LF to the side (5), Slide RF towards LF (6), Rock RF behind LF (7), Recover weight on LF (8) 12:00

[25-32] ¼ Right Rock-Recover, ½ Right Rock-Recover, 3x Walks Back, Together

- 1-2 Make ¼ turn right rock RF forward (1), Recover weight on LF (2) 3:00
- 3-4 Make ½ turn right rock RF forward (3), Recover weight on LF (4) 9:00
- 5-8 Walk RF back (5), Walk LF back (6), Walk RF back (7), Step LF next to RF (8)

Styling: Slightly bend knees and swing hips to the side as you walk back. 9:00

Tag: After wall #5 facing 9:00.

Side, 2x Sailor Steps, Behind

- 1-4 Step RF to the side (1), Step LF behind RF (2), Step RF to the side (3), Step LF in place (4) 9:00
- 5-8 Step RF behind LF (5), Step LF to the side (6), Step RF in place (7), Step LF behind RF (8) 9:00

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