

Get Up & Dance

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Pam Pike (UK)

Musik: Got To Get Up (Radio Edit) - Afrika Bambaataa



UP & DOWN HIP BUMPS

- 1&2 Step right foot forward and bump right hip up to right side, bump hip back left, bend knees slightly and bump right hip down to right side
- &3&4 Straighten knees and bump hip back left, bump right hip up to right side, bump hip back left, bend knees slightly and bump right hip down to right side
- 5&6 Step left foot forward and bump left hip up to left side, bump hip back right, bend knees slightly and bump left hip down to left side
- &7&8 Straighten knees and bump hip back right, bump left hip up to left side, bump hip back right, bend knees slightly and bump left hip down to left side

GRAPEVINES WITH CLAPS

- 9-11 Right grapevine (step right foot to right side, step left behind right, step right foot to right side)
- 12 Touch left next to right whist clapping once
- 13-15 ¼ turn left grapevine (step left foot to left side, step right behind left, step left foot to left side making ¼ turn left)
- &16 Touch right next to left while clapping twice

HALF TURN MONTEREY AND HEEL SWITCHES

- 17-20 ½ turn Monterey (point right foot to right side, on ball of left foot pivot ½ turn right stepping right beside left, Point left foot to left side, step left next to right)
- 21&22& Dig right heel forward, step right next to left, dig left heel forward, step left next to right
- 23&24& Dig right heel forward, step right next to left, dig left heel forward, step left next to right

KICK BALL CHANGES AND QUARTER TURNS

- 25&26 Kick right foot forward, step ball of right foot next to left, step left in place
- 27-28 Step right foot forward, pivot ¼ turn left
- 29-32 Repeat counts 25-28

FORWARD AND TURNING SHUFFLES

- 33&34 Right shuffle forward (step right foot forward, step left next to right, step right foot forward)
- 35&36 Turning left shuffle (step left foot forward starting to turn right, step right next to left completing ½ turn right, step back on left)
- 37&38 Right shuffle back (step right foot back, step left next to right, step right foot back)
- 39-40 Step back on left foot, replace weight onto right foot
- 41&42 Left shuffle forward (step left foot forward, step right next to left, step left foot forward)
- 43&44 Turning right shuffle (step right foot forward starting to turn left, step left next to right completing ½ turn left, step back on right)
- 45&46 Left shuffle back (step left foot back, step right next to left, step left foot back)
- 47-48 Step back on right foot, replace weight onto left foot

MODIFIED JAZZ BOX WITH KICK BALL CHANGE

- 49-51 Cross right foot in front of left, step back on left foot, step right foot to right side
- 52-54 Cross left foot in front of right, step back on right foot, step left foot to left side
- 55&56 Kick ball change (kick right foot forward, step ball of right foot next to left, step left in place)

SIDE SHUFFLES WITH ROCK STEPS

- 57&58 Right side shuffle (step right to right side, step left next to right, step right to right side)

59-60 Step back on left foot behind right, replace weight onto right foot
61&62 Left side shuffle (step left foot to left side, step right next to left, step left to left side)
63-64 Step back on right foot behind left, replace weight onto left foot

REPEAT
