

# Get Up Jack John

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Gerard Murphy (CAN)

**Music:** Jolly Rovin' Tar - The Fables



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## SHUFFLE FORWARD, ROCK RECOVER, ½ TURN, STEP, ½ TURN, ROCK ¼ TURN CROSS

- 1&2 Shuffle forward - right, left, right  
3&4 Rock forward on left, recover onto right, pivot ½ turn left stepping slightly forward on left  
5-6 Step forward on right, pivot ½ turn left shifting weight to left  
7&8 Rock forward on right, recover onto left making ¼ turn left, cross step right over left

## SIDE, BEHIND, BALL CROSS SHUFFLE LEFT, SIDE, BEHIND, BALL, CROSS, STEP

- 9-10 Step left to left, step right behind left  
&11&12 Step on ball of left, cross shuffle left - right, left, right  
13-14 Step left to left, step right behind left  
&15-16 Step on ball of left, cross step right over left, step left to left

## KICK, STEP, CROSS & HEEL & CROSS, SIDE, ½ TURN, ½ TURN, STEP LEFT

- 17&18 Kick right forward, step right in place, cross step left over right  
&19&20 Step right slightly back, touch left heel forward, step left back in place, cross step right over left  
21-22 Step left to left (starting to turn slightly to right), pivot ½ turn right stepping slightly forward on right  
23&24 Step left slightly forward, pivot ½ turn right shifting weight to right, step left to left

## SAILOR STEP, BEHIND SIDE KICK, KICK STEP TOUCH & CROSS ½ TURN

- 25&26 Sailor step - right, left, right  
27&28 Step left behind right, step right to right, kick left forward  
29&30 Kick left forward, step left in place, touch right next to left  
&31-32 Step right in place, cross left toes over right, pivot ½ turn right shifting weight to left

## REPEAT

## TAG

After 7 rotations of the dance you will be facing the 9:00 wall. Now do the first 16 counts of the dance, which will bring you to the 6:00 wall and restart from the very beginning again. You should end at the front!

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