

# Get Up N Go

**COPPER** **KNOB**  
BY STEPHEN

Count: 56

Wall: 2

Level: Improver

Choreographer: Ross Brown (ENG) - September 2009

Music: Get Up 'N' Go - The Ditty Bops : (CD: Moon Over The Freeway - 2:12)



**Intro: 8 Counts (Approx. 7 Secs)**

**CHASSE RIGHT. (¼ TURN L) CHASSE LEFT. HEEL SWITCHES. STEP, KNEE POP.**

- 1&2 Step right to the right, close left up to right, step right to the right.  
3&4 Make a ¼ turn left stepping left to the left, close right up to left, step left to the left.  
5&6& Tap right heel forward, step right next to left, tap left heel forward, step left next to right.  
7&8 Step forward with right, pop both knees forward raising both heels, place both heels. (9 o'clock)

**COASTER STEP. STEP, KNEE POP. COASTER STEP. STEP, PIVOT ¼ TURN L.**

- 1&2 Step back with right, step left next to right, step forward with right.  
3&4 Step forward with left, pop both knees forward raising both heels, place both heels..  
5&6 Step back with left, step right next to left, step forward with left.  
7-8 Step forward with right, pivot a ¼ turn left. (6 o'clock)

**Restart On Wall 3, restart the dance at this point facing 6 o'clock.**

**DIAGONAL KICKS. SAILOR STEP. CROSS SHUFFLE.**

- 1-2-3-4 Kick right foot across left, kick right foot forward to right diagonal, repeat both kicks.  
5&6 Cross step right behind left, step left to the left, step right to the right.  
7&8 Cross step left over right, close right up to left, cross step left over right. (6 o'clock)

**DIAGONAL HEEL ROCK, RECOVER. BEHIND, SIDE, CROSS. X2**

- 1-2 Rock forward to right diagonal on right heel, recover onto left.  
3&4 Cross step right behind left, step left to the left, cross step right over left.  
5-6 Rock forward to left diagonal on left heel, recover onto right.  
7&8 Cross step left behind right, step right to the right, cross step left over right. (6 o'clock)

**CHASSE RIGHT. (¼ TURN L) CHASSE LEFT. HEEL SWITCHES. STEP, KNEE POP.**

- 1-8 Repeat Section 1. (3 o'clock)

**COASTER STEP. STEP, KNEE POP. COASTER STEP. STEP, PIVOT ¼ TURN L.**

- 1-8 Repeat Section 2. (12 o'clock)

**DIAGONAL KICKS. SAILOR STEP. CROSS SHUFFLE.**

- 1-8 Repeat Section 3. (12 o'clock)

**End of Dance. Start again and Enjoy!**

**NOTE 1: The dance is a One Wall Dance however the Restart turns it into a Two Walls.**

**NOTE 2: If it helps you to remember the dance, the HEEL ROCKS are done facing the Back before the Restart and then facing the Front after the Restart.**

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