

# Get 'Em Up

Compte: 32

Mur: 2

Niveau: Intermediate

Chorégraphe: Candee Seger (USA) - December 2014

Musique: Get 'Em Up - Nickelback : (CD: No Fixed Address)



**\*Dance begins after 42 counts of song (26 seconds in)**

**[1-8]: Cross & Heel & Cross & Heel & Step Swivel 2X, Hitch R, walk back R, L**

- 1&2& Cross R over L, step L side, Heel R (diagonal R), step R side
- 3&4& Cross L over R, step R side, heel left (diagonal L), step L to side
- 5&6 Step R forward angled slightly to R in front of L, Swivel both heels R, L
- &7,8 hitch R, walk back R, L (with attitude)

**[9-16]: Anchor step RLR, step L forward 1/4 turn R, cross L over R, toe switches, big step, L drag**

- 1&2 In place anchor step RLR (leaning slightly back with attitude)
- 3&4 step L forward turn ¼ R (weight on R), cross L over R (weight on L)
- 5&6 point R to R side, ball R home, point L to L side
- &7,8 ball L home, Big step forward on R, drag L to meet R (weight stays on R) (3:00 o'clock)

**[17-24]: Step L touch R w/body roll to left, Step R touch L w/ C bump, ball hook 3/4 turn, step L forward, touch R**

- 1,2 step L w/ side body roll to L, touch R next to L
- 3&4 touch ball of R to R & lift hip slightly up to R, step on R foot while hip goes to L center, finish bump to lower R as you touch L next to R
- &5,6 ball of L to (L) hook R behind L, 3/4 turn R (2 counts)
- 7,8 L forward, touch R next to L (12:00 o'clock)

**[25-32]: R Kick step lock step, L rock recover R, 1/2 turn, 1/2 turn, 1/2 turn shuffle**

- 1&2& Kick R forward, step R, lock L, step R
- 3,4 Rock L forward, recover R
- 5,6 1/2 turn L (onto L foot), 1/2 turn L (onto R foot)
- 7&8 1/2 turn shuffle L (LRL) (6:00 o'clock)

**TAG: The 1st tag begins at 12:00 (5th wall), 2nd tag begins at 12:00 o'clock (8th wall). Both tags result in the dance resuming at 6:00 o'clock for walls 5 and 8.**

**R Rocking chair, R lock step, step L turn ½ R**

- 1,2,3,4 R rock forward, recover home, rock R back, recover home
- 5&6 R forward, L lock behind R, step R forward
- 7,8 step L forward, pivot ½ R

**L rocking chair, L jazz box, low kick R**

- 1,2,3,4 L rock forward, recover home, L rock back, recover home
- 5,6 L cross over R, R step back,
- 7,8 L step side, Low R kick forward

Contact: [candeeseger@comcast.net](mailto:candeeseger@comcast.net)

Last Update – 29th Dec 2014