

Get Up & Try!

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Ann-Kristin Sandberg (NOR) - April 2016

Musique: Try Everything - Shakira : (iTunes)



Start dancing after 32 counts on vocal (I messed up the) night.

SIDE-TOGETHER-SIDE RECOVER-TOGETHER-SIDE-TOGETHER-SIDE RECOVER-TOGETHER

- 1-2 Step R to R side, Step L next to T
- 3&4 Step R to R side, Recover onto L, Step R next to L
- 5-6 Step L to L side, Step R next to L
- 7&8 Step L to L side, Recover onto R, Step L next R

WALK x2-SHUFFLE-STEP-PIVOT ½ TURN R-SHUFFLE

- 1-2 Step R forw, Step L forw
- 3&4 Step R forw, Step L next to R, Step R forw
- 5-6 Step L forw, Pivot ½ turn R (06)
- 7&8 Step L forw, Step R next to L, Step L forw

**(OPTIONS ARMS: on count 3& : Raise both arms with palms up..up & forward
On count 4 : Move both fists to your chest)**

SIDE RECOVER-CROSS SHUFFLE-SIDE RECOVER-CROSS SHUFFLE

- 1-2 Step R to R side, Recover onto L
- 3&4 Cross R over L, Step L to L side, Cross R over L
- 5-6 Step L to L side, Recover onto R
- 7&8 Cross L over R, Step R to R side, Cross L over R

¼ TURN R-STEP-¼ TURN SHUFFLE R-STEP-¼ TURN R-SHUFFLE

- 1-2 ¼ turn stepping R forw, Step L forw (09)
- 3&4 ¼ turn R stepping R forw, Step L next to R, Step R forw (12)
- 5-6 Step L forw, ¼ turn R stepping R forw (03)
- 7&8 Step L forw, Step R next to L, Step L forw

ENJOY!
