

# Get Up And Swing

**Compte:** 48

**Mur:** 4

**Niveau:** High Beginner

**Chorégraphe:** Maryse Gagnon (CAN) & Stéphane Beauchamp (CAN) - November 2021

**Musique:** Ain't Nobody Here But Us Chickens - The Jive Aces



**Intro: 48 counts**

**S. 1 Two Diagonal Forward Lock Steps and Forward Brush.**

1 2 Step R Forward Right Diagonal, Step L Lock  
3 4 Step R Forward, Step L Brush Forward  
5 6 Step L Forward Left Diagonal, Step R Lock  
7 8 Step L Forward, Step R Brush Forward

**S. 2 Half Left Turn Pivot and three times Forward Diagonal and Touch Together.**

1 2 Step R Forward, 1/2 left turn pivot Step L Recover  
3 4 Step R Forward Right Diagonal, Step L Touch  
5 6 Step L Forward Left Diagonal, Step R Touch  
7 8 Step R Forward Right Diagonal, Step L Touch

**S. 3 Forward Mambo and Forward Kick, Coaster and Hold.**

1 2 Step L Forward, Step R Recover  
3 4 Step L Back, Step R Forward Kick  
5 6 Step R Back, Step L Together  
7 8 Step R Forward, Hold

**S. 4. Quarter Right Turn Pivot, Cross Over and Hold, Twists and Hold.**

1 2 Step L Forward, 1/4 Right Turn Pivot Step R Recover  
3 4 Step L Cross Over Right, Hold  
5 6 Twist Heels to Right, Twist Toes to Right  
7 8 Twist Heels to Right, Hold

**(Restart here on Wall 1, 4 and 8)**

**S. 5 Rumba Box.**

1 2 Step R Side, Step L Together  
3 4 Step R Back, Hold  
5 6 Step L Side, Step R Together  
7 8 Step L Forward, Hold

**S.6 Forward and Hold, Forward Kick, 1/2 Left Turn Triple Step.**

1 2 Step R Forward, Hold  
3 4 Step L Forward Kick Two Counts  
5 6 1/4 Left Turn Step L Slightly Side, Step R Together  
7 8 1/4 Left Turn Step L Slightly Side, Hold

**Restart after 32 Counts on Wall 1 facing 9:00, on Wall 4 facing 12:00 and on Wall 8 facing 6:00**

**Ending on Wall 10 you do the first 24 Counts and add Step L Forward and 1/4 Turn Left Step R Side.**

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