YA YA Get the F*ck Up Out

Niveau: Improver

Compte: 32 Chorégraphe: Tommy G. Parker (USA) - April 2024 Musique: YA YA - Beyoncé

#48 count intro/38 seconds into track (dance begin right after Beyoncé says "We clappin")

One Tag on 4th Wall — insert additional 12 counts in between the 1st and 2nd 8 counts (1-8 [+12] 9-32). SEE **BELOW**.

[1 – 8] (Starting w/ RF) RAPID STEPS BACK (w/ Jazz Hands), RF TOE STRUT (Snap), LF TOE STRUT (Snap). REPEAT

- 1&2& (With Jazz Hands in front, palms facing each other) RF step back, LF step back [1] RF step 12:00
- 3 & 4 & RF toe strut [2], feet together, snap fingers [&]. LF toe strut [3], feet together, snap fingers [&] - 12:00
- 5&6& (Jazz Hands) RF step back, LF step back [5] RF step back, LF step back [&], RF step back, LF step back [6] RF step back, LF step back [&] - 12:00
- 7 & 8 & RF toe strut [7], feet together, snap fingers [&]. LF toe strut [8], feet together, snap fingers [&] - 12:00

[9 – 16] LF SIDE TAP/TOGETHER/SIDE TAP/TOGETHER. RF SIDE TAP/TOGETHER/SIDE TAP/TOGETHER. RF STRUT, LF STRUT, WALK CATWALK STYLE (w/ Vogue Arms).

- Tap LF toe to side [1], feet together [&], tap LF toe to side [2], feet together [&] 12:00. 1&2&
- 3 & 4 & Tap RF toe to side [3], feet together [&], tap RF toe to side [4], feet together [&] — 12:00.
- 5,6] R strut forward [5], LF strut forward [6] - 12:00.
- 7 & 8 & RF catwalk, R arm across chest [7], LF catwalk, L arm across stomach [&], RF catwalk, RH on right hip[8], LF catwalk, LH on left hip [&] - 12:00.

[17 –24] POP CHEST, PONY BACK (x4). LF STEP BACK (Left Diagonal), HEELS SWIVEL RIGHT. RF STEP BACK (Right Diagonal), HEELS SWIVEL LEFT.

- 1, 2 Pop chest out, LF pony back [1], pop chest, RF pony back [2] - 12:00.
- 3.4 Pop chest out, LF pony back [3], pop chest, RF pony back [4] - 12:00.
- LF big step back (left diagonal) [5], RF next to LF [&], both heels swivel to the right [6], both 5&6& heels swivel back [&] - 12:00.
- RF big step back (right diagonal) [7], LF next to RF [&], both heels swivel to the left [8], both 7 & 8 & heels swivel back [&] - 12:00.

[25 – 32] LF STOMP TO LEFT w/ HIP GRIND. RF STOMP BEHIND (¼ PIVOT CW) w/ HIP GRIND. LF STOMP FORWARD (1/4

PIVOT CW). SHIMMY.

- 1, 2 LF stomp to the left (wide squat) [1], grind hips [2] - 12:00
- RF stomp behind right (wide squat) with 1/4 pivot right (cw) [3], grind hips [4] 3:00 3, 4
- LF stomp forward left (wide squat) with 1/4 pivot right (cw) [5], grind hips [6] 6:00 5,6
- 7,8 Shimmy [7], shimmy [8] — 6:00

Start again.

**** TAG ****

FOURTH WALL (with TAG) – ADDITIONAL 12 STEPS INSERTED IN BETWEEN STEPS 1-8 AND STEPS 9-32

[1 – 8] (Starting w/ RF) RAPID STEPS BACK (w/ Jazz Hands), RF TOE STRUT (Snap), LF TOE STRUT (Snap). REPEAT





Mur: 2

[TAG] SWING HIPS RIGHT, HOLD. SWING HIPS LEFT, HOLD. SHAKE! SWIM (w/ ½ Pivot)! JERK! TWERK!

- 1, 2 Swing hips to the right [1], hold [2] 6:00
- 3, 4 Swing hips to the left [3], hold [4] 6:00
- 5, 6 Shake [5, 6] 6:00
- 7, 8 Swim (with ½ pivot) [7, 8] 12:00
- 9, 10 Jerk [5, 6] 12:00
- 11, 12 Twerk [5, 6] 12:00

[9 – 16] LF SIDE TAP/TOGETHER/SIDE TAP/TOGETHER. RF SIDE TAP/TOGETHER/SIDE TAP/TOGETHER. RF STRUT, LFSTRUT, WALK CATWALK STYLE (w/ Vogue Arms).

[17 –24] POP CHEST, PONY BACK (x4). LF STEP BACK (Left Diagonal), HEELS SWIVEL RIGHT. RF STEP BACK (Right Diagonal), HEELS SWIVEL LEFT.

[25 – 32] LF STOMP TO LEFT w/ HIP GRIND. RF STOMP BEHIND (¼ PIVOT CW) w/ HIP GRIND. LF STOMP FORWARD (¼PIVOT CW). SHIMMY. Start again.

Last Update: 30 Apr 2024