

# Get Up & Dance

**Compte:** 64

**Mur:** 4

**Niveau:** Intermediate



**Chorégraphe:** Pam Pike (UK)

**Musique:** Got To Get Up (Radio Edit) - Afrika Bambaataa

## UP & DOWN HIP BUMPS

- 1&2 Step right foot forward and bump right hip up to right side, bump hip back left, bend knees slightly and bump right hip down to right side
- &3&4 Straighten knees and bump hip back left, bump right hip up to right side, bump hip back left, bend knees slightly and bump right hip down to right side
- 5&6 Step left foot forward and bump left hip up to left side, bump hip back right, bend knees slightly and bump left hip down to left side
- &7&8 Straighten knees and bump hip back right, bump left hip up to left side, bump hip back right, bend knees slightly and bump left hip down to left side

## GRAPEVINES WITH CLAPS

- 9-11 Right grapevine (step right foot to right side, step left behind right, step right foot to right side)
- 12 Touch left next to right whist clapping once
- 13-15 ¼ turn left grapevine (step left foot to left side, step right behind left, step left foot to left side making ¼ turn left)
- &16 Touch right next to left while clapping twice

## HALF TURN MONTEREY AND HEEL SWITCHES

- 17-20 ½ turn Monterey (point right foot to right side, on ball of left foot pivot ½ turn right stepping right beside left, Point left foot to left side, step left next to right)
- 21&22& Dig right heel forward, step right next to left, dig left heel forward, step left next to right
- 23&24& Dig right heel forward, step right next to left, dig left heel forward, step left next to right

## KICK BALL CHANGES AND QUARTER TURNS

- 25&26 Kick right foot forward, step ball of right foot next to left, step left in place
- 27-28 Step right foot forward, pivot ¼ turn left
- 29-32 Repeat counts 25-28

## FORWARD AND TURNING SHUFFLES

- 33&34 Right shuffle forward (step right foot forward, step left next to right, step right foot forward)
- 35&36 Turning left shuffle (step left foot forward starting to turn right, step right next to left completing ½ turn right, step back on left)
- 37&38 Right shuffle back (step right foot back, step left next to right, step right foot back)
- 39-40 Step back on left foot, replace weight onto right foot
- 41&42 Left shuffle forward (step left foot forward, step right next to left, step left foot forward)
- 43&44 Turning right shuffle (step right foot forward starting to turn left, step left next to right completing ½ turn left, step back on right)
- 45&46 Left shuffle back (step left foot back, step right next to left, step left foot back)
- 47-48 Step back on right foot, replace weight onto left foot

## MODIFIED JAZZ BOX WITH KICK BALL CHANGE

- 49-51 Cross right foot in front of left, step back on left foot, step right foot to right side
- 52-54 Cross left foot in front of right, step back on right foot, step left foot to left side
- 55&56 Kick ball change (kick right foot forward, step ball of right foot next to left, step left in place)

## SIDE SHUFFLES WITH ROCK STEPS

- 57&58 Right side shuffle (step right to right side, step left next to right, step right to right side)

59-60 Step back on left foot behind right, replace weight onto right foot  
61&62 Left side shuffle (step left foot to left side, step right next to left, step left to left side)  
63-64 Step back on right foot behind left, replace weight onto left foot

**REPEAT**

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