

# Get Up and Try

拍数: 48                      墙数: 4                      级数: Improver / Easy Intermediate  
编舞者: Martie Papendorf (SA) - November 2012  
音乐: Try - P!nk : (Album: The Truth About Love)



## Start - On vocals

### S1: Side, Together, Fwd shuffle, Rock, Recover, Step, Cross shuffle

1,2                      Step R to right side, Step L next to R,  
3&4                      Step R diagonal fwd, Step L next to R, Step R fwd,  
5,6                      Rock L across R, Recover back onto R,  
&7&8                      Step L to left side, Step R across L, Step L to left side, Step R across L

### S2: Side, Behind, Chasse ¼ left, Fwd, Pivot ½ left, Shuffle ½ left

1,2                      Step L to left side, Cross R behind L,  
3&4                      Step L to left side, Step R next to L, Step L fwd making a ¼ turn left, [9.00]  
5,6                      Step R fwd, Make a pivot turn ½ left [weight to L],[3.00]  
7&8                      Step R back making a ½ turn left, Step L next to R, Step R back [9.00]

### S3: Long step ¼ left, Touch, Chasse ¼ right, Fwd, Back ½ left, Shuffle ½ left

1,2                      Making a ¼ turn left step L long step to left side,[6.00] Touch R next to L,  
3&4                      Step R to right side, Close L to R, Step R fwd making a ¼ turn right,[9.00]  
5,6                      Step L fwd, Step R back making a ½ turn left,[3.00]  
7&8                      Step L,R,L to make a ½ turn left [9.00]

### S4: Turn ¼ left-[Knee pop, Step, Turn] 2x, Brush, Rock, Recover, Coaster step

1&2                      Touch R next to L popping R knee across L twisting upper body to right, Step R next to L,  
                                 Step L to left side making 1/8 turn left,  
3&4                      Touch R next to L popping R knee across L twisting upper body to right, Step R next to L,  
                                 Step L to left side making 1/8 turn left,

#### [Making a ¼ turn left with count 1-4 to face 6.00]

&5,6                      Brush R fwd, Rock R across L, Recover L back,  
7&8                      Step R back, Close L to R, Step R fwd

### S5: Side, Together, Cross shuffle, Fwd, Pivot ½ left, Shuffle ½ left

1,2                      Step L to left side, Step R next to L,  
3&4                      Step L across R, Close R to L, Step L across R,  
5,6                      Step R fwd, Make a pivot turn ½ left [weight to L],[12.00]  
7&8                      Step R back making a ½ turn left, Step L next to R, [6.00] Step R in place [6.00]

Restart here during wall 5, facing 6.00. Leave out the & of count 7&8 and step L fwd

### S6: Back L R, Coaster, Samba fwd, Samba ¼ left

1,2                      Walk back L,R  
3&4                      Step L back, Step R next to L, Step L fwd,  
5&6                      Step R across L, Rock L out to left side, Recover R to right side,  
7&8                      Step L fwd making a ¼ turn left, Rock R out to right side, Recover L to left side [3.00]

### Tag – after wall 2 [facing 6.00] & wall 4 [facing 12.00]

1,2                      Step R to right side, Step L next to R,  
3&4                      Step R fwd, Lock L behind R, Step R fwd,[moving diagonal fwd]  
5,6                      Step L to left side, Step R next to L,  
7&8                      Step L fwd, Lock R behind L, Step L fwd,[moving diagonal fwd]

1,2 Step R fwd, Make a pivot turn  $\frac{1}{2}$  left [weight to L],  
3,4 Step R fwd, Make a pivot turn  $\frac{1}{2}$  left [weight to L]

**Restart during wall 5, facing 6.00 - Leave out the & of count 7&8 and step L fwd**

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