

# The Git Up (C)

拍數: 64      牆數: 0      級數: Improver Contra  
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音樂: The Git Up - Blanco Brown : (iTunes)



**Start by finding a Partner and stand about 4 feet from them face to face**

## **Triple Forward Diagonal, Triple Forward Diagonal, Back Touch x 4**

1&2      Step R diagonal forward (1), Step L next to R (&), Step R diagonal forward (2)

3&4      Step L diagonal forward (3), Step R next to L (&), Step L diagonal forward (4)

**This is where you would put your hands up to hip level and push your hands forward in the direction of you shuffling**

5&6&      Step R diagonal back (5), touch L next to R (&), Step L diagonal back (6), Touch R next L(&)

7&8&      Step R diagonal back (5), touch L next to R (&), Step L diagonal back (6), Touch R next L(&)

## **Full Turn - 1/4 Turn x 4**

1-8      Step R forward (1), Pivot 1/4 turn over L shoulder (2) Repeat x 4 to end back on 12:00

**While making the full turn, swing your arm above your head as if you are swinging a lasso**

## **Cross Triple, Body Roll Sit, Bump Forward, Roll Back Sit**

1&2      Cross R over L (1), Step L to side (&), Cross R over L (2)

3,4      Roll upper body from head to hips (3), Step L side as you are "sitting" on L (4) (Facing 1:00)

5&6      Bump/Rock your chest forward/side to side, to your partner R,L,R (whatever feels good to you!)

7,8      Roll upper body from head to hips (3), Step L side as you are "sitting" on L (4) (Facing 1:00)

## **Triple Forward, Triple Forward, 1/4 Turn, 1/4 Turn Flick**

1&2      Step R forward (1), Step L next to R (&), Step R forward(2)(Square up to front wall with triple)

3&4      Step L forward (3), Step R next to L (&), Step L forward (4)

**This is where you will pass your partner! You will pass them by your right shoulder**

5,6      Step R forward (5), Pivot 1/4 turn over L shoulder (6) (9:00)

7,8      Step R forward (7), Pivot 1/4 turn over L shoulder and flick L behind R (6:00)

**You should have now changed spots with your partner**

## **Step Side L x 4, Step Side R x 4**

1&2&      Step L side (1), Step R next to L (&), Step L side (2), Step R next to L (&)

3&4      Step L side (3), Step R next to L (&), Step L side (4)

5&6&      Step R side (5), Step L next to R (&), Step R side (6), Step L next to R (&)

7&8      Step R side (7), Step L next to R (&), Step R side (8)

**Play with the lyrics here, each time will be different. Make it fun!**

## **Walk back x 4, Bump hip x 4**

1-4      Step back L (1), Step back R (2), Step back L (3), Step back R (4) Walk back with attitude!!!

5,6      Bump L hip up (5), Bump L hip up (6)

7,8      Bump L hip up (7), Bump L hip and step down on L (8) (Weight takes L)

**Put your L hand on L hip when you do your hip bumps**

## **Pivot 1/2 Turn, Pivot 1/2 Turn, Bump hips Right, Bump Hips Left**

1,2      Step R forward (1), Pivot 1/2 turn over L shoulder (2) (6:00)

3,4      Step R forward (3), Pivot 1/2 turn over L shoulder (4) (12:00)

5&6      Bump hips R,L,R

7&8      Bump hips L,R,L

**Rocking Chair, Jazz-box**

1,2 Rock R forward (1), Recover back on L (2)

3,4 Rock R back (3), Recover forward on L (4)

5,6 Cross R over L (5), Step L back (6)

7,8 Step R side (7), Cross L over R (8)

**Use Jazz-box to square back up to your partner if needed - Repeat and have fun!!**

**Inspired by Damaya Lady D Jones**

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