

# Gotta Get Up

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Robbie McGowan Hickie (UK) - January 2020  
音樂: Gotta Get Up - Tyrone Wells



Music Available on Download from iTunes & [www.amazon.co.uk](http://www.amazon.co.uk)

#16 Count intro

## Stomp Heel Twist. Lock Step Back. Touch Back. Pivot 1/2 Turn Left. Step. Pivot 1/2 Turn Left. Step.

1&2      Stomp forward on Right. Twist both heels Right. Twist both heels to centre. (Weight on Left)  
3&4      Step back on Right. Cross step Left over Right. Step back on Right.  
5 – 6      Touch Left toe back. Reverse pivot 1/2 turn Left.  
7&8      Step forward on Right. Pivot 1/2 turn Left. Step forward on Right. (Facing 12 o'clock)

## 2 x Walks Forward. Step. Pivot Full Turn Right. 2 x Walks Back. Right Coaster Step.

1 – 2      Walk forward on Left. Walk forward on Right.  
3&4      Step forward on Left. Pivot 1/2 turn Right. Make 1/2 turn Right stepping back on Left.  
5 – 6      Walk back on Right. Walk back on Left.  
7&8      Step back on Right. Step Left beside Right. Step forward on Right. (Facing 12 o'clock)

## Forward Rock. Triple 3/4 Turn Left. Side. Touch. Side. Behind & Step Forward.

1 – 2      Rock forward on Left. Rock back on Right.  
3&4      Left triple step (on the spot) making 3/4 turn Left stepping Left. Right. Left.  
5&6      Step Right to Right side. Touch Left toe beside Right. Step Left to Left side.  
7&8      Cross Right behind Left. Step Left to Left side. Step forward on Right. (Facing 3 o'clock)

## Diagonal Step Forward. Touch. Back. Cross-Back-Cross. Back. 1/4 Turn Left. Cross Rock & Side Step.

1&2      Step Left Diagonally forward Left. Touch Right toe beside Left. Step Right Diagonally back Right.  
3&4      (Still on Left Diagonal) Cross step Left over Right. Step back on Right. Cross step Left over Right.  
5 – 6      Step back on Right (Straightening up to 3 o'clock). Make 1/4 turn Left stepping Left to Left side.  
7&      Cross rock Right over Left. Rock back on Left.  
8      Long step Right to Right side dragging Left towards Right. (Facing 12 o'clock)

## Back Rock & Step Forward. Right Kick-Ball-Step Forward. Cross-Back-Back- Cross-Back-1/4 Turn Left.

1&2      Rock back on Left. Rock forward on Right. Step forward on Left.  
3&4      Kick Right forward. Step ball of Right beside Left. Step forward on Left.  
5&6      Cross step Right over Left. Step Left Diagonally back Left. Step Right Diagonally back Right.  
7&      Cross step Left over Right. Step back on Right (Straightening up to 12 o'clock) .  
8      Make 1/4 turn Left stepping Left to Left side. (Facing 9 o'clock)

## Cross. Side. Right Sailor Heel. & Cross. Side. Left Cross Shuffle.

1 – 2      Cross step Right over Left. Step Left to Left side.  
3&4      Cross Right behind Left. Step Left to Left side. Touch Right heel Diagonally forward Right.  
&5 – 6      Step Right back to place. Cross step Left over Right. Step Right to Right side.  
7&8      Cross step Left over Right. Step Right to Right side. Cross step Left over Right.

## Right Side Rock. Right Sailor 1/2 Turn Right. Step. Pivot 1/2 Turn Right. Chasse Left.

1 – 2      Rock Right out to Right side. Recover weight on Left.  
3&4      Cross Right behind Left making 1/2 turn Right. Step Left beside Right. Step forward on Right.  
5 – 6      Step forward on Left. Pivot 1/2 turn Right.

7&8 Step Left to Left side. Close Right beside Left. Step Left to Left side. (Facing 9 o'clock)

**Cross Rock. 1 & 1/4 Turn Right. Forward Rock. Left Shuffle 1/2 Turn Left.**

1 – 2 Cross rock Right over Left. Rock back on Left.

3& Make 1/4 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left.

4 Make 1/2 turn Right stepping forward on Right. (Facing 12 o'clock)

5 – 6 Rock forward on Left. Rock back on Right.

7&8 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (Facing 6 o'clock)

**Start Again**

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