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Come On Get Up

Phrased, Intermediate/Advanced level
Choreographer : Rob Fowler (UK) 2001
Choreographed to : Come On, Get Up by Janet Jackson

Sequence: ABCD, ABCD, AABB, E, AACD, A, repeating A to end. Start on beat 81

PART A

TOUCHES, KICKS, KICK BALL STEP, BUMPS

- 1&2 Touch right toe to right side, touch right toe by left, touch right toe forward
3-4 Hitch right knee, kick right foot back
5&6 Kick right foot forward, step right by left, step left foot forward
7-8 Bump hips forwards to the left, back to the right

COASTER, CROSS & TOUCH, CROSS & TURN

- 9&10 Step back on left foot, step right by left, step left foot forward
11-12 Step right across in front of left, touch left toe to left side
13-14 Step left across in front of right, touch right toe to right side
15&16 Step right across in front of left, step back on left, make a ¼ turn to right on ball of left foot stepping right to right side

ROCK & SIDE TURN, SIDE, KNEE IN, TURN & SIT

- 17&18 Rock back on left foot behind right, rock forward onto right foot, step long step to left on left foot
&19-20 Make a ½ turn to right on ball of right foot, long step to right on right foot, hold
&21-22 Step left by right, step right to right side, touch left toe by right bending left knee across to meet right
23-24 Turn left knee out again turning a ¼ turn to left, bend right knee slightly placing weight back on right foot in a 'sitting' position

WALKS, TURNS, STOMP

- 25-26 Walk forward on left foot, right foot
27-28 Make a ½ turn to right on ball of right, step back on left, make ½ turn right on left and step forward on right
29-30 Make a ¼ turn to right on ball of right foot and step left by right, step right behind left
31-32 Full turn to right on balls of feet, stomp left by right

PART B

QUARTER MONTEREY WITH ARMS, QUARTER MONTEREY WITH ARMS

- 1-2 Touch right toe to right side, step right by left making ¼ turn to right on left foot
3-4 Touch left toe to left side, step left by right
5-6 Repeat counts 1, 2
7-8 Repeat counts 3, 4

Arms

- 1 Place right fist to right side of chest, back of hand upwards and elbow out to right side. Arm should be horizontal
& Rotate forearm 1 ½ turns to the right in a small circle as you turn fist ½ turn to the right. Fist is moving towards right hip
2 Place fist on right hip. Back of hand is facing down and elbow pointing backwards
3 Place left fist to left side of chest, back of hand upwards and elbow out to left side. Arm should be horizontal
& Rotate forearm 1 ½ turns to the left in a small circle as you turn fist ½ turn to the left. Fist is moving towards left hip
4 Place fist on left hip. Back of hand is facing down and elbow pointing backwards

PART C

FULL MONTEREY, WALK BACK

- 1-2 Touch right toe to right side, make full turn to right on left foot bringing right by left
3-4 Touch left toe to left side, step left toe by right
5-8 Walk back right, left, right, step left by right

¾ MONTEREY, WALK BACK

- 9-10 Touch right toe to right side, make ¾ turn to right on left foot bringing right by left
11-12 Touch left toe to left side, step left toe by right
13-16 Walk back right, left, right, step left by right
17-24 Repeat 9-16
25-32 Repeat 9-16

PART D

WALK, ROCK & TURN, TOUCHES, SAILOR STEP

- 1-2 Walk forward right, left
3&4 Rock forward onto right, step back on left, make a ½ turn to right on ball of left stepping forward on right
5-6 Make a ¼ turn right on right and touch left toe to left side, make a ½ turn right on right and touch left toe to left side
7&8 Step left behind right, step right to right side, step left by right

KICK & TOUCH, KICK & TOUCH, MASH POTATOES & SWIVET

- 9&10 Kick right toe forward, step forward on right foot, touch left toe to left side
11&12 Kick left toe forward, step forward on left foot, touch right toe to right side
13 Turn left heel in and slide right instep behind
&14 Fan both heels out turn right heel in and slide left instep behind
&15 Fan both heels out turn right heel in and slide left instep behind
&16 With weight on left toe & right heel twist left heel to left and right toe to right twist back to centre
17-24 Repeat 1-8
25-32 Repeat 9-16

PART E

KICK & KICK & STEP TWICE

- 1&2 Kick right foot forward, step right by left and kick left foot forward
&3-4 Step left by right and step forward onto right foot, touch left by right
5&6 Kick left foot forward, step left by right and kick right foot forward
&7-8 Step right by left and step forward onto left foot, step right by left

APPLEJACK TO LEFT, WALK BACK AND TURN

- 9 Move left toe and right heel to left. Right hand touches left shoulder
& Move left heel and right toe to left. Right hand touches right shoulder
10 Move left toe and right heel to left. Right hand touches right hip
11 Move left heel and right toe to left. Left hand touches right shoulder
& Move left toe and right heel to left. Left hand touches left shoulder
12 Move left heel and right toe to left. Left hand touches left hip
13-15 Walk back right, left, right
16 On balls of both feet make a ¼ turn to the right

TOUCHES AND KNEE BENDS

- 17&18 Touch left toe forward, step left by right and touch right toe forward
&19 Step right by left and touch left toe forward
&20 Bend knees, straighten up
Hands - place hands out at waist level on the count of 19, on a slight diagonal to the left and with palms down
On the & count (as you bend your knees) lift hands slightly and on count 20 lower them slightly again

- &21&22 Step left by right, touch right toe forward, step right by left and touch left toe forward

- &23 Step left by right and touch right toe forward

- &24 Bend knees, straighten up

Hands - place hands out at waist level on the count of 23, on a slight diagonal to the right and with palms down
On the & count (as you bend your knees) lift hands slightly and on count 24 lower them slightly again

STEP PIVOTS

- 25-26 Step forward on right foot, make a ½ turn to left weight ending on left foot
27-28 Step forward on right foot, make a ¼ turn to left weight ending on left foot
29-30 Step forward on right foot, make a ½ turn to left weight ending on left foot
31-32 Stomp right foot forward, stomp left by right

KICKS AND TURNS

- 33&34 Kick right foot forward, step right by left, touch left to left side
35&36 Kick left foot forward, step left by right, touch right to right side
37-38 Step right foot behind left, full turn to right on balls of feet
39-40 Sweep left toe round to left side, hold

41&42 Kick left foot forward, step left by right, touch right to right side
43&44 Kick right foot forward, step right by left, touch left to left side
45-46 Step left foot behind right, full turn to left on balls of feet
47-48 Sweep right toe round to right side, hold