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## Get Up

32 Count, 2 Wall, Improver

Choreographer: Roland (Gutz) Gutzwiller, (Switzerland)

March 2012

Choreographed to: Get Up by TinkaBelle,

CD: Highway (120 bpm)

### Start after 32 counts

- 1            ROCK R, RECOVER, CROSS SHUFFLE R, ROCK L, RECOVER, CROSS SHUFFLE L**  
 1 2 3&4     Rock R right, recover on L, cross R over L, L next to R, cross R over L  
 5 6 7&8     Rock L left, recover on R, cross L over R, R next to L, cross L over R
- 2            ROCK R FWD, RECOVER, R SHUFFLE 1/2 RIGHT, ROCK L, RECOVER, L COASTER STEP**  
 1,2         Rock R forward, recover on L  
 3&4        Turn 1/4 right R right, L next to R, turn 1/4 right R forward (06.00)  
 5,6        Rock L forward, recover on R  
 7&8        L backwards, R next to L, L forward
- 3            R STRUT, L STRUT, ROCK R, RECOVER 1/4 LEFT, R CROSS SHUFFLE**  
 1-4        Touch R toes forward, step down on R heel, touch L toes forward, step down on L heel  
 5,6, 7&8    Rock R forward, recover on L turning 1/4 left, cross R over L, L next to R, cross R over L (03.00)
- 4            L LEFT, CLAP, 1/2 RIGHT, R RIGHT, CLAP, ROCK L OVER R, RECOVER, L SHUFFLE 1/4 LEFT**  
 1 2&3 4     L left, hold & clap, turn 1/2 right, step R right, hold & clap (09.00)  
 5 6 7&8     Rock L over R, recover, L left, R next to L, 1/4 left and L forward (06.00)

**Restarts/Bridges** There are 2 restarts and 2 bridges in the music.

**Bridge:**        Sway hips right, left, right, left

**Dance:**        2<sup>nd</sup> wall dance 20 counts (including the struts), then restart the dance  
 4<sup>th</sup> wall dance 16 counts, then restart the dance  
 After 5<sup>th</sup> wall: bridge  
 After 10<sup>th</sup> wall: bridge

**This is not as complicated as it looks, the music will easily guide you!**

Sequences of 8 counts each:

IIII II 4 restart  
 IIII II restart  
 IIII bridge  
 IIII IIII IIII IIII IIII bridge  
 IIII IIII

BEGIN AGAIN..... AND SMILE !

<http://www.tinkabelle.net/>