

Get Up And Dance 64 Count, 2 Wall, Intermediate

Choreographer: Malene Jakobsen (DK) June 2012 Choreographed to: Undefeated (the single) by Jason Derulo

(132bpm)

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Intro: 32 counts 15 seconds into track, dance begins with weight on R There is 1 restart on wall 3 after 16 counts, you'll be facing 6.00

1-8 1-2-3-4 5-6-7-8	Kick, step back, back rock, kick, step back, back rock (1) Kick L fwd., (2) step back on L, (3) rock back on R, (4) recover onto L 12.00 (5) Kick R fwd., (6) step back on R, (7) rock back on L, (8) recover onto R 12.00
9-16 1&2 3-4 5&6 7-8 Restart	Shuffle fwd., fwd. rock, shuffle 1/2, walk, walk (1) Step fwd. on L, (&) step R next to L, (2) step fwd. on L 12.00 (3) Rock fwd. on R, (4) recover onto L 12.00 (5) Turn 1/4 R stepping R to R, (&) step L next to R, (6) turn 1/4 R stepping fwd, on R 6.00 (7-8) Walk fwd. L, R You're restart is here, you'll be facing 6 o'clock
17-24 1-2-3-4 5-6-7-8	Step, point, cross point, jazz box cross (1) Step fwd, on L, (2) point R to R, (3) cross R over L, (4) point L to L 6.00 (5) Cross L over R, (6) step back on R, (7) step L to L, (8) cross R over L 6.00
25-32 1-2-3-4 5&6 7&8	Side rock, behind side, cross shuffle, chasse (1) Rock L to L, (2) recover onto R, (3) cross L behind R, (4) step R to R 6.00 (5) Cross L over R, (&) step R to R, (6) cross L over R 6.00 (7) Step R to R, (&) step L next to R, (8) step R to R 6.00
33-40 1-2 3&4 5-6-7-8	Back rock, shuffle 1/4, 1/4, touch, side touch (1) Rock back on L, (2) recover onto R 6.00 (3) Step L to L, (&) step R next to L, (4) turn 1/4 R stepping back on L 9.00 (5) Turn 1/4 R stepping R to R, (6) touch L next to R, (7) step L to L, (8) touch R next to L
41-48 1-2-3-4 5-6 7&8	Vine with cross, side, touch, kick ball cross (1) Step R to R, (2) cross L behind R, (3) step R to R, (4) cross L over R 12.00 (5) Step R to R, (6) touch L next to R 12.00 (7) Kick L fwd. (&) step L next to R, (8) cross R over L 12.00
49-56 1-2-3-4 5-6-7-8	Chasse, back rock, 1/2 monterey, point, hold (1) Step L to L, (&) step R next to L, (2) step L to L, (3) rock back on R, (5) recover onto L (5) Point R to R, (6) turn 1/2 R bringing R next to L, (7) point L to L, (8) hold 6.00
57-64 1-2-3-4 5-6 7&8	Back rock, side toe strut, behind fwd., shuffle fwd, (1) Rock back on L, (2) recover onto R, (3) step L toes to L, (4) drop L heel 6.00 (5) Cross R behind L, (6) step fwd. on L 6.00 (7) Step fwd, on R, (&) step L next to R, (8) step fwd. on R 6.00

Music download available from iTunes