

## Get Up and Try

48 Count, 4 Wall, Improver

Choreographer: Martie Papendorf (SA) Nov 2012

Choreographed to: Try by Pink, from The Truth About Love CD, (4.07) (104 bpm)

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**Intro:** Start - On vocals

**S1 Side, Together, Fwd shuffle, Rock, Recover, Step, Cross shuffle**

1,2 Step R to right side, Step L next to R,  
3&4 Step R diagonal fwd, Step L next to R, Step R fwd,  
5,6 Rock L across R, Recover back onto R,  
&7&8 Step L to left side, Step R across L, Step L to left side, Step R across L

**S2 Side, Behind, Chasse ¼ left, Fwd, Pivot ½ left, Shuffle ½ left**

1,2 Step L to left side, Cross R behind L,  
3&4 Step L to left side, Step R next to L, Step L fwd making a ¼ turn left, [9.00]  
5,6 Step R fwd, Make a pivot turn ½ left [weight to L],[3.00]  
7&8 Step R back making a ½ turn left, Step L next to R, Step R back [9.00]

**S3 Long step ¼ left, Touch, Chasse ¼ right, Fwd, Back ½ left, Shuffle ½ left**

1,2 Making a ¼ turn left step L long step to left side,[6.00] Touch R next to L,  
3&4 Step R to right side, Close L to R, Step R fwd making a ¼ turn right,[9.00]  
5,6 Step L fwd, Step R back making a ½ turn left,[3.00]  
7&8 Step L,R,L to make a ½ turn left [9.00]

**S4 Turn ¼ left-[Knee pop, Step, Turn] 2x, Brush, Rock, Recover, Coaster step**

1&2 Touch R next to L popping R knee across L twisting upper body to right, Step R next to L,  
Step L to left side making ⅛ turn left,  
3&4 Touch R next to L popping R knee across L twisting upper body to right, Step R next to L,  
Step L to left side making ⅛ turn left,  
[Making a ¼ turn left with count 1-4 to face 6.00]  
&5,6 Brush R fwd, Rock R across L, Recover L back,  
7&8 Step R back, Close L to R, Step R fwd

**S5 Side, Together, Cross shuffle, Fwd, Pivot ½ left, Shuffle ½ left**

1,2 Step L to left side, Step R next to L,  
3&4 Step L across R, Close R to L, Step L across R,  
5,6 Step R fwd, Make a pivot turn ½ left [weight to L],[12.00]  
7&8 Step R back making a ½ turn left, Step L next to R,[6.00]  
**Restart here during wall 5, facing 6.00.** Leave out the & of count 7&8 and step L fwd  
Step R in place [6.00]

**S6 Back L R, Coaster, Samba fwd, Samba ¼ left**

1,2 Walk back L,R  
3&4 Step L back, Step R next to L, Step L fwd,  
5&6 Step R across L, Rock L out to left side, Recover R to right side,  
7&8 Step L fwd making a ¼ turn left, Rock R out to right side, Recover L to left side [3.00]

**TAG after wall 2 [facing 6.00] & 4 [facing 12.00]**

1,2 Step R to right side, Step L next to R,  
3&4 Step R fwd, Lock L behind R, Step R fwd,[moving diagonal fwd]  
5,6 Step L to left side, Step R next to L,  
7&8 Step L fwd, Lock R behind L, Step L fwd,[moving diagonal fwd]

1,2 Step R fwd, Make a pivot turn ½ left [weight to L],

3,4 Step R fwd, Make a pivot turn ½ left [weight to L]

**Restart during wall 5, facing 6.00-** Leave out the & of count 7&8 and step L fwd

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