

Get Up At-Cha

32 count, 4 wall, Advanced level

Choreographer : Alan "Renegade" Livett (UK) 2001
Choreographed to : Get Up by Beverly Knight; Waste
My Time With You by Blu Cantrell

STEP, POINT, ½ TURNING AERIAL RONDE, SAMBA TURN, PRESS, SAILOR STEP, TURN AND CROSS

- 1-2&3 Step left foot to left side, point right across in front of left (no weight), flick right leg up and out to right side pivoting ½ turn to right on left leg, touch right ball to floor (no weight) (6:00)
- 4&5 Step forward onto right foot, turning quickly ½ turn to right step left next to right, step right forward into a press (12:00)
- &6&7 Push off right foot, start a sailor step stepping right behind left, step left to left side, step right in place
- 8&1 Leaving feet where they are (on balls of both feet) turn ½ turn to left (you will end up facing 6:00 with legs in a crossed position), step left to left side, step right across and in front of left

SIDE ROCK, TURNING BACK LOCK STEP, BACK LOCK STEP, ¼ TURN, ½ TURNING SAILOR CROSS

- 2-3 Rock left to left side, recover onto right
- 4&5 Step left across and in front of right, turning ¼ to left step back with right, step back with left (3:00)
- 6&7& Lock right foot across left, step left back, point right toe back, turn ¼ turn to right on left prepping for the sailor (still no weight on right)
- 8&1 Sweep right behind left starting ½ turn right, step left in place completing ½ turn, step right across and in front of left (12:00)

ROCK AND CROSS, ROCK AND CROSS, SCUFF - ROCK - TAP - STEP, SWEEP - ROCK, RECOVER

- 2&3 Rock left to left side, recover onto right, step left across and in front of right
- 4&5 Rock right to right side, recover onto left, step right across and in front
- &6&7 Scuff left, step forward on left to 10:00, tap right in place behind left, step in place on right
- 8& Turning slightly to left sweep left foot out to left side and behind right rocking back (9:00), step right in place (9:00)

SIDE - DRAG, SAILOR STEP BEHIND, SIDE BREAK, MAMBO AND SIDE TOGETHER

- 1-2 Take wide step to left with left, drag right towards left (do not fully close, milk this count)
- &3&4 Step right behind left, step left to left side, step right to right side, step left behind right (9:00)
- 5&6 Rock right foot to right side, step left in place, step right next to left taking weight on right
- 7&8& Rock back on left, recover onto right, step left to left side, step right next to left (9:00)