

Get Up N Go

56 Count, 2 Wall, Beginner

Choreographer: Ross Brown (UK) Sept 09
Choreographed to: Get Up N Go by The Ditty Bops,
CD: Moon Over The Freeway (130bpm)

Intro: 8 Counts (Approx. 7 Secs)

Chasse Right. (¼ Turn L) Chasse Left. Heel Switches. Step, Knee Pop.

- 1&2 Step right to the right, close left up to right, step right to the right.
3&4 Make a ¼ turn left stepping left to the left, close right up to left, step left to the left.
5&6& Tap right heel forward, step right next to left, tap left heel forward, step left next to right.
7&8 Step forward with right, pop both knees forward raising both heels, place both heels. (9 o'clock)

Coaster Step. Step, Knee Pop. Coaster Step. Step, Pivot ¼ Turn L.

- 1&2 Step back with right, step left next to right, step forward with right.
3&4 Step forward with left, pop both knees forward raising both heels, place both heels..
5&6 Step back with left, step right next to left, step forward with left.
7-8 Step forward with right, pivot a ¼ turn left. (6 o'clock)

RESTART On Wall 3, restart the dance at this point facing 6 o'clock.

Diagonal Kicks. Sailor Step. Cross Shuffle.

- 1-4 Kick right foot across left, kick right foot forward to right diagonal, repeat both kicks.
5&6 Cross step right behind left, step left to the left, step right to the right.
7&8 Cross step left over right, close right up to left, cross step left over right. (6 o'clock)

Diagonal Heel Rock, Recover. Behind, Side, Cross. X2

- 1-2 Rock forward to right diagonal on right heel, recover onto left.
3&4 Cross step right behind left, step left to the left, cross step right over left.
5-6 Rock forward to left diagonal on left heel, recover onto right.
7&8 Cross step left behind right, step right to the right, cross step left over right. (6 o'clock)

Chasse Right. (¼ Turn L) Chasse Left. Heel Switches. Step, Knee Pop.

- 1-8 Repeat Section 1. (3 o'clock)

Coaster Step. Step, Knee Pop. Coaster Step. Step, Pivot ¼ Turn L.

- 1-8 Repeat Section 2. (12 o'clock)

Diagonal Kicks. Sailor Step. Cross Shuffle.

- 1-8 Repeat Section 3. (12 o'clock)

End of Dance. Start again and Enjoy!

NOTE 1: The dance is a One Wall Dance however the Restart turns it into a Two Walls.

NOTE 2: If it helps you to remember the dance, the HEEL ROCKS are done facing the Back before the Restart and then facing the Front after the Restart.