

Get Up Offa That Thing

32 Count, 4 Wall, Intermediate

Choreographer: Daniel Trepap & Pim van Grootel (NL)

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Choreographed to: Get Up Offa That Thing by James Brown

Kick, close, knee points, close (repeat on L), foot in, out, in, out, in while travelling to right side

- 1 RF Kick forward
- & RF Close next to LF
- 2 Push both knees out
- & Knees back
- 3 LF Kick forward
- & LF Close next to RF
- 4 Push both knees out
- 5 R heel out and L toes in
- 6 L heel in and R toes out
- 7 R heel out and L toes in
- & L heel in and R toes out
- 8 R heel out and L toes in

Step with knee actions and hitch, running man steps

- 1 RF Step to side and bend your knees and push them to the outside
- & Knees back in place
- 2 LF Hitch
- 3 LF Step to side and bend your knees and push them to the outside
- & Knees back in place
- 4 LF Hitch
- 5 Jump (RF forward and LF back)
- & Jump (RF in the middle and hitch L)
- 6 Jump (LF forward and RF back)
- & Jump (LF in the middle and hitch R)
- 7 Jump (RF forward and LF back)
- & Jump (RF in the middle and hitch L)
- 8 Jump (LF forward and RF back)
- & Jump (LF in the middle and hitch R)

Step, heel, Step, heel, weight changes while stomping a ¼ turn left

- 1 RF Step to right side
- 2 LF Heel to left side and push hip back
- 3 LF Step to left side
- 4 RF Heel to right side and push hip back
- 5 RF Stomp to right side
- & LF Recover weight
- 6 RF 1/8 turn left and stomp to right side
- & LF Recover weight
- 7 RF Stomp to right side
- & LF Recover weight
- 8 RF 1/8 turn left and stomp to right side

Toe, heel, toe, heel toe, Drag RF, camel walk

- & LF Toe out
- 1 LF Heel out
- & LF Toe out
- 2 LF Heel out
- & LF Toe out
- 3 RF Start dragging towards LF
- 4 RF Finish dragging RF (weight stays on LF)
- 5 RF Step a small step forward, popping left knee forward
- 6 LF Step a small step forward, popping right knee forward
- 7 RF Step a small step forward, popping left knee forward
- 8 LF Step a small step forward, popping right knee forward

Taq in the 9th wall after 16 counts

- 1 Look back (turn head over right shoulder)
- 2 Look forward

Taq comes back after the 10th wall

