

Gotta Get Up 32 count, 4 wall, beginner level

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Choreographed to: Playing With Knives by Bizarre Inc

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Heel, Toe, Heel and Grind

- Touch right heel forward, Touch right toe back. 1-2
- 3-4 Touch right heel forward, Grind right heel 1/4 turn left, taking weight onto right foot.

Heel, Toe, Heel and Grind

- Touch left heel forward, touch left toe back 5-6
- 7-8 Touch left heel forward, grind left heel 1/4 turn right, taking weight onto left foot.

Forward, Forward, Back, Back

- Step forward on right, pushing hip right, step forward on left pushing hips left 1-2
- 3-4 Step right foot back in place, step left foot back in place, (feet should be shoulder width apart)

Knee roll to right, knee roll to left

- Touch right toe out to right side and roll right knee out and strut right heel down. 5-6
- 7-8 Touch left toe out to left side and roll left knee out and strut left heel down (weight ends on left foot)

Jazz box scuff, jazz box scuff

- Cross right over left, step back on left 1-2
- Step side on right, scuff left foot through. 3-4
- 5-6 Cross left over right, step back on right
- Step side on left, scuff right foot through, 7-8

Jazz box 1/4 turn. shoulder bounces

- 1-2 Cross right over left, step back on left
- Step side on right making ¼ turn right. Close left to right.(weight on left) 3-4
- 5-6 Step side on right and bounce shoulder X2
- 7-8 Touch right to left and bounce shoulders X2 (On shoulder bounces, add some attitude)

Very funky and Clubby track so smile and have fun.....

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