

## Get 'Em Up

32 Count, 2 Wall, Intermediate

Choreographer: Candee Seger (USA) Dec 2014

Choreographed to: Get 'Em Up by Nickelback,

CD: No Fixed Address

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\*Dance begins after 42 counts of song (26 seconds in)

**1-8 Cross & Heel & Cross & Heel & Step Swivel 2X, Hitch R, walk back R, L**

- 1&2& Cross R over L, step L side, Heel R (diagonal R), step R side  
3&4& Cross L over R, step R side, heel left (diagonal L), step L to side  
5&6 Step R forward angled slightly to R in front of L, Swivel both heels R, L  
&7,8 Hitch R, walk back R, L (with attitude)

**9-16 Anchor step RLR, step L forward 1/4 turn R, cross L over R, toe switches, big step, L drag**

- 1&2 In place anchor step RLR (leaning slightly back with attitude)  
3&4 Step L forward turn 1/4 R (weight on R), cross L over R (weight on L)  
5&6 Point R to R side, ball R home, point L to L side  
&7,8 Ball L home, Big step forward on R, drag L to meet R (weight stays on R) (3 o'clock)

**17-24 Step L touch R w/body roll to left, Step R touch L w/ C bump, ball hook 3/4 turn, step L forward, touch R**

- 1,2 Step L w/ side body roll to L, touch R next to L  
3&4 Touch ball of R to R & lift hip slightly up to R, step on R foot while hip goes to L center, finish bump to lower R as you touch L next to R  
&5,6 Ball of L to (L) hook R behind L, 3/4 turn R (2 counts)  
7,8 L forward, touch R next to L (12 o'clock)

**25-32 R Kick step lock step, L rock recover R, 1/2 turn, 1/2 turn, 1/2 turn shuffle**

- 1&2& Kick R forward, step R, lock L, step R  
3,4 Rock L forward, recover R  
5,6 1/2 turn L onto L foot, 1/2 turn L onto R foot  
7&8 1/2 turn shuffle L (LRL) (6 o'clock)

**TAG:** The 1st tag begins at 12:00 (5th wall), 2nd tag begins at 12 o'clock (8<sup>th</sup> wall).  
Both tags result in the dance resuming at 6 o'clock for walls 5 and 8.

**R Rocking chair, R lock step, step L turn 1/2 R**

- 1,2,3,4 R rock forward, recover home, rock R back, recover home  
5&6 R forward, L lock behind R, step R forward  
7,8: Step L forward, pivot 1/2 R

**L rocking chair, L jazz box, low kick R**

- 1,2,3,4 L rock forward, recover home, L rock back, recover home  
5,6 L cross over R, R step back,  
7,8 L step side, Low R kick forward