
Alt. Music: Won't Get Up by Gerald Levert

Start: After 32 count intro - No Tags, No Restarts

Section 1 WALK, KICK & KNEES & POP, WALK, KICK & KNEES & POP

1,2&3&4 Walk L forward (1), Kick R (2), Place R next to L (&), Dip down, bending knees outwards (3), Straighten, returning knees to normal (&), Bump hip to right as you pop L knee to left side, snapping right fingers down to right side and turning head right (4)
5,6&7&8 Pivot left a quarter turn to face 9:00, repeat 1-4 (5-8)

Section 2 CAMEL WALK, SHUFFLE, STEP, SPIRAL, SHUFFLE, BRUSH

1,2 Pivot quarter left to face 6:00 and walk L forward (1), Lock step R to L, popping L knee (2)
3&4 Walk L forward (2), Step R next to L (&), Walk L forward (3)
5,6 Quarter turn left and step R to right side (5), Spiral on R a half turn over your left shoulder. Style by flicking a speck of attitude off your R shoulder with L fingers as you spiral or tossing the weaves (6)
7&8& Walk L toward 9:00 (2), Step R next to L (&), Walk L forward (3), Brush R next to L (&)

Section 3 STAGGERED HITCH, COASTER STEP, HITCH, HITCH

1,2,3,4 Step or stomp R forward (1), Sharply hitch L at low level (2), Sharply hitch L at medium level (3), Sharply hitch L at full height (4).
Option: slowly raise arms forward and up to sky through 1-4.
Another Option: slightly bounce on R for each of the staggered hitches.
5&6 Step L back (5), Step R to L (&), Step L forward (6)
7,8& Hitch R (7), Pivot quarter turn right and hitch R, really accenting it (8), Place R toe next to L without taking weight (&)

Section 4 C-BUMPS, BALL CROSS, HEEL, BALL CROSS, HEEL, BALL STEP

1&2& With weight on L, bump hips right and up (1), Return hips (&), Bump hips right and down (2), Return hips (&).
Option: replace C-Bumps with body roll.
3&4& With weight on L, bump hips right and up (3), Return hips (&), Bump hips right and down (4), Ball step R next to L (&).
Option: replace C-Bumps with body roll.
Low impact option:
5,6,7,8 **Toe struts: Place L toe across R (5), Cross Step L over R (6), Place R toe to right side (7), Step R to right side (8). Quarter turn right and begin dance again.**
Medium impact option:
5,6&7,8& **Cross L over R (5), Present R heel to right side (6), Ball step R next to L (&), Cross L over R (7), Present R heel to right side (8), Quarter turn right and ball step R next to L (&)**
High impact option:
5&6&7&8 **Jump to right side, landing with feet apart (5), Quarter turn right, jumping feet together (&), Quarter turn right and jump to left side, landing with feet apart (6), Quarter turn turn left, jumping feet together (&), Quarter turn left, repeat 5&6& (7&8&)**
John Robinson option:
5-8 **Bust out of your cage and go berserk, freestyling whatever the heck you want to.**

Proceed to top of dance with 3:00 as your new wall.
