



Get Up, Get Up, Get Busy

32 Count, 4 Wall, Beginner

Choreographer: Mark Furnell and Chris Godden (UK)

Sep 2019

Choreographed to: Get Up (Before The Night Is Over) by Technotronic

Intro: 32 Counts

S1 Out, Out, Back Together, Back, Back, Shuffle Back

- 1-2 Step right diagonally forward, step left to left side
- 3-4 Step right back in place, step left next to right
- 5-6 Step back right, step back left
- 7&8 Step back on right, close left to right, step back right

S2 Out, Out Back Together, Walk, Walk, Shuffle Fwd

- 1-2 Step left diagonally forward, step right to right side
- 3-4 Step left back in place, step right next to left
- 5-6 Walk forward left, right
- 7&8 Step forward left, close right to left, step forward left

S3 Step Pivot ½, Step Pivot ¼, Jazz Box Cross

- 1-2 Step forward right, pivot ½ turn left onto left
- 3-4 Step forward right, pivot ¼ turn left onto left
- 5-6 Cross right over left, step back on left
- 7-8 Step right to right, cross left over right

S4 Side Hold, Close Side Touch, Grapevine, Touch

- 1-2 Step right to right side, hold
- &3-4 Close left to right, step right to right, touch left behind right (Look to the right)
- 5-6 Step left to left, step right behind left
- 7-8 Step left to left, touch right to left

Optional rolling vine on Section 4 counts 5-8

Happy Dancing

Music download available from



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