



Remember to Vote for your favourite dances in the Linedancer Charts.

Sequence: A, B, B, A, B, B, Tag, A (32 Counts), B, B

Part A

SEC 1 POINT FORWARD, POINT SIDE, ¼ SAILOR, FWD ROCK, ¼ SIDE, POINT

- 1-2 Point R forward slightly across L, Point R to right
3&4 Cross R behind L, Make ¼ turn right stepping L next to R, Step R forward (3:00)
5-6 Rock L forward, Recover weight R
7-8 Make ¼ turn left stepping L to left, Point R to right (12:00)
Arms 7 Take both arms up above head and circle each arm out to either side
8 Completing the arm circle snap fingers out to sides 'diva snap'

SEC 2 ROLLING VINE CHASSE, ⅛ TURN MAMBO, TRIPLE BACK

- 1-2 Make ¼ turn right stepping R forward, Make ½ turn right stepping L back (9:00)
3&4 Make ¼ turn right stepping R to right, Step L next to R, Step R to right (12:00)
5&6 Make ⅛ turn right rocking L forward, Recover weight R, Step L back (1:30)
7&8 Step R back hitching L knee, Step in place on ball of L, Step R back hitching L knee

SEC 3 KICK OUT-OUT, SIDE ROCK, ½ TURN WALK WALK SHUFFLE

- 1&2 Kick L forward, Step L to left, Step R to right
3-4 Rock L to left (pushing hips left) while snapping fingers above head in X formation
4 Recover weight R (pushing hips right) while snapping fingers to sides
5-6 Make ⅛ turn left stepping L forward, Make ⅛ turn left stepping R forward (10:30)
7&8 Make ¼ turn left stepping L forward, Step R next to L, Step L forward (7:30)

SEC 4 FORWARD ROCK, BACK BODY ROLL BACK, COASTER STEP, FWD, ⅜ TURN PIVOT

- 1-2 Rock R forward, Recover weight L
3-4 Step R back as you begin body roll back, Finish body roll (weight R)
5&6 Step L back, Step R next to L, Step L forward
7-8 Step R forward, Pivot ⅜ turn left transferring weight L (3:00)

Restart Here 3rd Part A is danced, instead of ⅜ pivot you will make ⅝ ready to do B

SEC 5 WALK WALK, ¼ 'C-HIP', ¼ TURN WALK WALK, 3 RUNS FORWARD

- 1-2 Step R forward, Step L forward
3& Make ¼ turn left hitching R knee bumping hips up, Touch R to right bumping hips left (12:00)
4 Bump hips right bending knees slightly (weight ends R)
5-6 Make ¼ turn left stepping L forward, Step R forward
7&8 Step L forward, Step R forward, Step L forward (9:00)

Everybody Get Up
Continues... Page 1 of 3



Everybody Get Up

Continued... Page 2 of 3

SEC 6 ¼ TURN WALK WALK, ¼ TURN 'C-HIP', ¾ TURN RUNNING IN PLACE

- 1-2 Make ¼ right stepping R forward, Step L forward (12:00)
3&4 Make ¼ turn left hitching R knee bumping hips up, Touch R to right bumping hips left (9:00)
4 Bump hips right bending knees slightly (weight ends R)
5& Make ⅛ turn left stepping left forward, make ⅛ turn left stepping right forward (6:00)
6& Make ⅛ turn left stepping left forward, make ⅛ turn left stepping right forward (3:00)
7-8 Make ¼ turn left stepping left forward, hold (12:00)

Part B

SEC 1 HITCH, BIG STEP BACK, HOLD, SIDE, HEEL, BALL, CROSS, UNWIND FULL TURN

- 1-2-3 Hitch R knee, Take big step back R dragging L towards R, Hold
&4&5 Step L to left, Touch R heel to right diagonal, Step in place on ball of R, Cross L over R (bend knees slightly)
6-7-8 Unwind full turn right (with knees still slightly bent) weight ends R (678) (12:00)

SEC 2 SIDE, TOUCH, HOLD, SIDE, TOUCH, SIDE, TOUCH, DIAGONAL ROCKS X3, CROSS

- &1-2 Step L to left, Touch R next to L, Hold
&3&4 Step R to right, Touch L next to R, Step L to left, Touch R next to L
5-6 Rock R forward to right diagonal (push hips forward), Recover weight L (push hips back)
7-8 Rock R forward to right diagonal, Cross L over R

SEC 3 SIDE, CLOSE, CROSS, ¼ BACK, ¼ CHASSE INTO DIP, HOLD, CLOSE, SIDE, TOUCH

- &1-2 Step R to right side, Step L next to R, Cross R over L
3-4& Make ¼ turn right stepping L back, Make ¼ turn right stepping R to right, Step L next to R (6:00)
5 Step R big step to right side as you bend both knees slightly (as if dipping under a rope from left to right)
6 Hold (continue the movement from left to right as you straighten knees)
&7-8 Step L next to R, Step R to right, Touch L next to R

SEC 4 ROLLING VINE CHASSE, JAZZ BOX

- 1-2 Make ¼ turn left stepping L forward, Make ½ turn left stepping R back (9:00)
3&4 Make ¼ turn left stepping L to left side, Step R next to L, Step L to left side (6:00)
5-6-7-8 Cross R over L, Step L back, Step R to right, Step L forward

Tag

This tag moves from the position you were to a circle around the floor,
Move to the circle during counts 1 - 16,
Counts 17-80 you will dance IN a circle around edge of floor facing line of dance,
Counts 81-96 you will leave the circle and move to another spot on the floor

SEC 1 WALK WALK, SAMBA STEP, WALK WALK, SAMBA

- 1-2 Step R forward, Step L forward
3&4 Step R forward and across L, Rock ball of L to left, Recover weight R
5-6 Step L forward, Step R forward
7&8 Step L forward and across R, Rock ball of R to right, Recover weight L

Everybody Get Up
Continues... Page 1 of 3



Everybody Get Up

Continued... Page 2 of 3

SEC 2 WALK WALK, SAMBA STEP, WALK WALK, SAMBA

1-2 Step R forward, Step L forward

3&4 Step R forward and across L, Rock ball of L to left, Recover weight R

5-6 Step L forward, Step R forward

7&8 Step L forward and across R, Rock ball of R to right, Recover weight L

Note By the end of these 16 counts you need to be in a circle around the floor facing line of dance (counter clockwise)

SEC 3 FWD, CLOSE, BACK, CLOSE, SIDE, TOUCH, SIDE, TOUCH

&1-2 Step R forward, Step L next to R as you raise both hands up in air, Hold

&3-4 Step R back, Step L next to R as you bring both hands down, Hold

5-6 Step R to right and slightly forward, Touch L to left

Styling During counts 5-6 shimmy shoulders

7-8 Step L to left and slightly forward, Touch R to right

Styling During counts 7-8 shimmy shoulders

SEC 4 FWD, ½ PIVOT, FWD, ½ PIVOT, WALK FORWARD X4

1-2 Step R forward (option to reach hands up palms face out), Pivot ½ turn left (weight ends L)

3-4 Step R forward (option to reach hands down palms face back), Pivot ½ turn left (weight ends L)

5-6 Step R forward, Step L forward

7-8 Step R forward, Step L forward

SEC 5-10 Repeat SEC 3 & 4 3 more times

SEC 11 WALK X8

Note Find another spot on the floor and get back into lines

1-2 Walk R, walk L

3-4 Walk R, walk L

5-6 Walk R, walk L

7-8 Walk R, walk L

SEC 12 STEP HITCH, BALL STEP HITCH, BALL, STEP HITCH, BALL, STEP HITCH, TOGETHER, HOLD

1& Step R forward as you hitch L, Step in place on ball of L

2& Step R forward as you hitch L, Step in place on ball of L

3&4 Step R forward as you hitch L, Step in place on ball of L, Step R forward as you hitch L

Note You could also use these steps to continue finding a spot

5 Step L next to R as you raise arms up

6-7-8 Hold

