

GET UP

Choreographed by Roland (Gutz) Gutzwiller, Switzerland

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<http://www.gutz.ch>

Description: 32 count 2-wall, Linedance, Newcomer/Novice level (restarts and bridges)

Music: Get Up, CD "Highway" TinkaBelle – Switzerland <http://www.tinkabelle.net/>
120BPM, start after 32 counts

I – ROCK R, RECOVER, CROSS SHUFFLE R, ROCK L, RECOVER, CROSS SHUFFLE L

1 2 3&4 Rock R right, recover on L, cross R over L, L next to R, cross R over L

5 6 7&8 Rock L left, recover on R, cross L over R, R next to L, cross L over R

II – ROCK R FWD, RECOVER, R SHUFFLE 1/2 RIGHT, ROCK L, RECOVER, L COASTER STEP

1,2 Rock R forward, recover on L

3&4 Turn 1/4 right R right, L next to R, turn 1/4 right R forward (06.00)

5,6 Rock L forward, recover on R

7&8 L backwards, R next to L, L forward

II – R STRUT, L STRUT, ROCK R, RECOVER 1/4 LEFT, R CROSS SHUFFLE

1-4 Touch R toes forward, step down on R heel, touch L toes forward, step down on L heel

5,6, 7&8 Rock R forward, recover on L turning 1/4 left, cross R over L, L next to R, cross R over L (03.00)

IV – L LEFT, CLAP, 1/2 RIGHT, R RIGHT, CLAP, ROCK L OVER R, RECOVER, L SHUFFLE 1/4 LEFT

1 2&3 4 L left, hold & clap, turn 1/2 right, step R right, hold & clap (09.00)

5 6 7&8 Rock L over R, recover, L left, R next to L, 1/4 left and L forward (06.00)

Note: There are 2 restarts and 2 bridges in the music.

Bridge: Sway hips right, left, right, left

Dance: 2nd wall dance 20 counts (including the struts), then restart the dance

4th wall dance 16 counts, then restart the dance

After 5th wall: bridge

After 10th wall: bridge

This is not as complicated as it looks, the music will easily guide you!

Sequences of 8 counts each:

IIII II 4 restart

IIII II restart

IIII bridge

IIII IIII IIII IIII bridge

IIII IIII

BEGIN AGAIN..... AND SMILE !