

# “Get Up, Get Down”

Intermediate 4 wall line dance (64 counts)

Choreographer: Ria Vos (NL) & Karl-Harry Winson (UK)

Music: “Don’t Worry (Feat. Dalton)” Madcon, Single

Intro: 32 Counts from heavy beat (± 23 sec.)

## **Side, Drag, Ball-Cross, ¼ R, ¼ R, Touch/Dip, ¼ L, ¼ L**

1-2 Step R Big Step to R Side, Drag L Towards R

&3-4 Step on Ball of L Next to R, Cross R Over L, ¼ Turn R Step Back on L

5-6 ¼ Turn R Step R to R Side, Dip Down and Touch L Next to R

7-8 ¼ Turn L Step Fwd on L, ¼ Turn L Step R to R Side

## **Behind, Hold, Ball-Cross, Monterey ½ Turn R, Kick & Heel/Lean Back**

1-2 Step L Behind R, Hold

&3-4 Step on Ball of R to R Side, Cross L Over R, Point R to R Side

5-6 ½ Turn R Step R Next to L, Point L to L Side

7&8 Kick L Fwd, Step Back on L, Touch R Heel Fwd Slightly Leaning Body Back

## **Rock Fwd-Back, Step, Scuff-Hitch ¼ R, Side, Drag, & Walk, Walk**

1-2 Rock Fwd (Toe Down), Rock Back (Toe Up)

3&4 Step Fwd on R, Scuff L Next to R, Hitch L into ¼ Turn R

5-6 Step L Big Step to L Side, Drag R Towards L

&7-8 Step R Next to L, Step Fwd on L, Step Fwd on R

## **Rock Fwd, Triple ¾ Turn L, Step Fwd, ½ Turn R, Shuffle ½ Turn R**

1-2 Rock Fwd on L, Recover on R

3&4 Shuffle ¾ Turn L Stepping L, R, L

5-6 Step Fwd on R, ½ Turn R Step Back on L

7&8 Shuffle ½ Turn R Stepping R, L, R

## **¼ R Side, Hold, Ball-Side Rock, Behind-Side-Cross, Side, Hold**

1-2 ¼ Turn R Step L to L Side, Hold (*option: start bodyroll L*)

&3-4 Step Ball of R Next to L (*option: end bodyroll*), Rock L to L Side, Recover on R

5&6 Step L Behind R, Step R to R Side, Cross L Over R

7-8 Step R to R Side, Hold (*option: start bodyroll R*)

## **Ball-Side Rock, Coaster Step, Step Fwd, ½ R Hook, Shuffle Fwd**

&1-2 Step Ball of L Next to R (*option: end bodyroll*), Rock R to R Side, Recover on L

3&4 Step Back on R, Step L Next to R, Step Fwd on R

5-6 Step Fwd on L, Turn ½ R Hooking R Across L

7&8 Shuffle Fwd Stepping R, L, R

## **Diagonal Fwd Step, Point, Diagonal Back Step, Point Behind, Out-Out, Hold, & Side**

1-2 Step L Fwd to L Diagonal, Point R Fwd Across L (*L arm up, R arm down, angle upper body R*)

3-4 Step R Back to R Diagonal, Point L Behind R (*circle R arm up to shoulder level end pointing down*)

5-6 Step L Out to L Side, Step R Out to R Side

7&8 Hold, Step R Next to L, Step R to R Side

## **Cross Rock, Full Turn L, Touch, Kick-Ball-Cross**

1-2 Rock L Over R, Recover on R

3-4 ¼ Turn L Step Fwd on L, ½ Turn L Step Back on R

5-6 ¼ Turn L Step L to L Side, Touch R Next to L

7&8 Kick R to R Diagonal, Step on Ball of R Next to L, Cross L Over R