

Get Up, Get Down

64 Count, 4 Wall, Intermediate

Choreographer: Ria Vos (NL) & Karl-Harry Winson (UK)
July 2015Choreographed to: Don't Worry (Feat. Dalton) by Madcon,
Single

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

- 1 Side, Drag, Ball-Cross, $\frac{1}{4}$ R, $\frac{1}{4}$ R, Touch/Dip, $\frac{1}{4}$ L, $\frac{1}{4}$ 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, $\frac{1}{4}$ Turn R Step Back on L
5-6 $\frac{1}{4}$ Turn R Step R to R Side, Dip Down and Touch L Next to R
7-8 $\frac{1}{4}$ Turn L Step Fwd on L, $\frac{1}{4}$ Turn L Step R to R Side
- 2 Behind, Hold, Ball-Cross, Monterey $\frac{1}{2}$ 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 $\frac{1}{2}$ 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
- 3 Rock Fwd-Back, Step, Scuff-Hitch $\frac{1}{4}$ 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 $\frac{1}{4}$ 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
- 4 Rock Fwd, Triple $\frac{3}{4}$ Turn L, Step Fwd, $\frac{1}{2}$ Turn R, Shuffle $\frac{1}{2}$ Turn R**
1-2 Rock Fwd on L, Recover on R
3&4 Shuffle $\frac{3}{4}$ Turn L Stepping L, R, L
5-6 Step Fwd on R, $\frac{1}{2}$ Turn R Step Back on L
7&8 Shuffle $\frac{1}{2}$ Turn R Stepping R, L, R
- 5 $\frac{1}{4}$ R Side, Hold, Ball-Side Rock, Behind-Side-Cross, Side, Hold**
1-2 $\frac{1}{4}$ 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*)
- 6 Ball-Side Rock, Coaster Step, Step Fwd, $\frac{1}{2}$ 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 $\frac{1}{2}$ R Hooking R Across L
7&8 Shuffle Fwd Stepping R, L, R
- 7 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 L Next to R, Step R to R Side
- 8 Cross Rock, Full Turn L, Touch, Kick-Ball-Cross**
1-2 Rock L Over R, Recover on R
3-4 $\frac{1}{4}$ Turn L Step Fwd on L, $\frac{1}{2}$ Turn L Step Back on R
5-6 $\frac{1}{4}$ 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
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