



MAKE YOU MOVE

Choreographer: Scott Blevins (May 2016) (scottblevins@me.com)
Type of Dance: 144 count / Phrased High Intermediate Linedance
Choreographed to: "Get Up - SB Mix" by Vernon Burch (*very hard to find but will be available*)
Intro: 32 count intro to start on lyrics

Sequence: Front wall all 144 counts, back wall all 144 counts, front wall 65-144, back wall 113-144, side wall 113-144, end facing front wall.

Counts:

Footwork:

- 1-8** **HIP CIRCLE, BUMP, 1/4 RIGHT, 1/2 RIGHT, SIDE ROCK WITH 1/4 TURN, RECOVER, CROSS, BIG STEP, DRAG**
 1) Step R to right circling hips anti-clockwise from back to front
 2) Touch L toward left diagonal and bump to left
 3) Turn 1/4 right stepping L back [3:00]; 4) Turn 1/2 right stepping R forward [9:00]
 5) Turn 1/4 right rocking L to left [12:00]; &) Recover to R; 6) Step L across R
 7) Step R a big step right; 8) Drag L toward R
- 9-16** **BALL CROSS, 1/4 LEFT, STEP FWD, 1/4 PIVOT, CROSS TRIPLE, 1/4 RIGHT, 1/4 RIGHT**
 &) Step ball of L beside R heel; 1) Step R across L; 2) Turn 1/4 left stepping L forward [9:00]
 3) Step R Forward; 4) Turn 1/4 left taking weight on L [6:00]
 5) Step R across L; &) Step L to left; 6) Step R across L
 7) Turn 1/4 right stepping L back [9:00]; 8) Turn 1/4 right stepping R forward [12:00]
- 17-24** **ROCK, RECOVER, BALL, ROCK, RECOVER, BALL, STEP, 1/2 PIVOT RIGHT, STEP, 1/2 PIVOT RIGHT**
 1) Rock L forward in front of R pushing chest fwd; 2) Recover to R; &) Step ball of L beside R
 3) Rock R forward in front of L pushing chest fwd; 4) Recover to L; &) Step ball of R beside L
 5) Step L fwd; 6) Turn 1/2 right taking weight on R [6:00]
 7) Step L fwd; 8) Turn 1/2 right taking weight on R [12:00]
- 25-32** **SNAKE LEFT, SNAKE RIGHT. STEP LEFT, SWEEP, BEHIND, SIDE, FORWARD**
 1) Begin a snake body roll to left as you step L to left; 2) Complete snake touching R beside L
 3) Begin a snake body roll to right as you step R to right; 4) Complete snake touching L beside R
 5) Step L to left; 6) Step R behind L and sweep L to left and back
 7) Step L behind R; &) Step R to right; 8) Step L forward
- 33-40** **TRIPLE FORWARD, ROCK, RECOVER, 1/2 TURN LEFT, TRIPLE FORWARD, ROCK, RECOVER**
 1) Step R fwd; &) Step ball of L to R; 2) Step R fwd; 3) Rock L forward; 4) Recover to R
 &) Turn 1/2 left on R [6:00]; 5) Step L fwd; &) Step ball of R to L; 6) Step L fwd
 7) Rock R forward; 8) Recover to L
- 41-48** **1/2 RIGHT, STEP, CROSS, STEP RIGHT, SWEEP, BEHIND, 1/4 LEFT, FORWARD, WALK, WALK**
 a) Turn 1/2 right [12:00]; 1) Step down on R as you bring L up to R calf; 2) Step L across R
 3) Step R to right; 4) Step L behind R and sweep R to right and back
 5) Step R behind L; &) Turn 1/4 left stepping L forward [9:00]; 6) Step R forward
 7-8) Walk L, R
- 49-56** **1/4 RIGHT C BUMP, FULL TURN RIGHT, STEP LEFT, AND POINT, AND POINT, CROSS, ANGLE, TOGETHER**
 1) Turn 1/4 right bumping L hip up and to the left [12:00]; &) Step down on L bumping hips to center and right; 2) Bump L hip down to left side ending in a sit position with weight on L
 3) Turn 1/4 right stepping forward on R; &) Turn 3/4 right on R
 (Note: 3& is a full turn done on the spot)
 4) Step L a small step to left
 &) Step R beside L; 5) Point L to left; &) Step L beside R; 6) Point R to right
 7) Step R across L; &) Step L to left angling body to face 1:00;
 8) Step R beside L pushing hips back [1:00]

continued over...

MAKE YOU MOVE ...continued

Counts:

Footwork:

57-64

1,2,3,4,5,6
7&8

WALK, WALK, WALK, WALK, WALK, WALK, CROSS TRIPLE

Making a 7/8th turn to the right, walk forward L-R-L-R-L-R clockwise from 1:00 to 12:00
7) Step L across R; &) Step R to right; 8) Step L across R

65-72

1&2
3&4
5&6
7-8

MAMBO SIDE RIGHT, MAMBO SIDE LEFT, CHASE TURN, 1/2 RIGHT, 1/2 RIGHT

1) Rock R to right; &) Recover to L; 2) Step R beside L
3) Rock L to left; &) Recover to R; 4) Step L beside R
5) Step R forward; &) Turn 1/2 left taking weight on L [6:00]; 6) Step R forward
7) Turn 1/2 right stepping L back [12:00]; 8) Turn 1/2 right stepping R forward [6:00]

73-80

&1-2

&3-4

5,6,7

8

HOP FWD and REACH, HOLD, HOP BACK and BEND, HOLD, BUMP 3X, CLOSE WITH CLAP

&) Step L a small step fwd; 1) Step R beside L as you reach R hand as high as you can pointing to the sky; 2) Hold
&) Step L a small step back; 3) Step R beside L, keeping knees locked bend fwd from the waist up and point R hand toward the floor; 4) Hold
5-6-7) Unbend from waist up as you step R to right and bump hips 3X
Note: On counts 5-7 feet should be a shoulder's width apart, with weight evenly over both feet and knees bent.
8) Straighten knees as you transfer weight to L touching R beside L and clap hands

81-96

REPEAT COUNTS 65- 80 (facing 12:00 after count 88)

97-104

1,2,3&4
5,6,7&8

SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, BEHIND, SIDE, FORWARD

1) Rock R to right, 2) Recover to L; 3) Step R behind L; &) Step L to left; 4) Step R across L
5) Rock L to left, 6) Recover to R; 7) Step L behind R; &) Step R to right; 8) Step L forward

105-112

1,2,3&4

5-6-7

8

STEP, 1/2 PIVOT LEFT, TRIPLE FORWARD, STEP, 1/2 PIVOT RIGHT, 1/4 TURN RIGHT, POINT WITH LOOK

1) Step R forward; 2) Turn 1/2 left taking weight L [6:00]; 3) Step R fwd;
&) Step ball of L to R; 4) Step R fwd
5) Step L forward; 6) Turn 1/2 right taking weight on R [12:00];
7) Turn 1/4 right stepping L to left [3:00]
8) With L knee slightly bent, rotate body left from waist up as you look and point R hand to left while pointing R foot to right [3:00]

113-120

1,2,3,4

5,6,7,8

ROLLING VINE RIGHT, TOUCH, LEFT, BEHIND, 1/4 LEFT, STEP FORWARD

1) Turn 1/4 right stepping R fwd; 2) Turn 1/4 right stepping L to left;
3) Turn 1/2 right stepping R to right; 4) Touch L
5) Step L to left; 6) Step R behind L; 7) Turn 1/4 left stepping L forward [12:00];
8) Step R forward
Note: For style, add popping the free knee - 5) Pop R knee; 6) Pop L knee; 7) Pop R knee; 8) Pop L knee

121-128

1,2,3&4

5,6,7,8

STEP, 1/4 PIVOT, CROSS TRIPLE, STEP, 1/2 PIVOT, CROSS, STEP BACK

1) Step L fwd; 2) Turn 1/4 right taking weight on R [3:00]; 3) Step L across R;
&) Step R to right; 4) Step L across R
5) Step R forward; 6) Turn 1/2 left taking weight on L [9:00]; 7) Step R across L; 8) Step L back

129-136

a1a2a3

5,6,7,8

PUSH STEP, PUSH STEP, PUSH STEP, TOUCH, ROLLING VINE LEFT WITH 1/4 TURN LEFT, STEP FWD

a) Push off ball of L; 1) Step (*land on*) R to right extending L to left; a) Step ball of L beside R;
2) Pushing off ball of L, step (*land on*) R to right extending L to left; a) Step ball of L beside R;
3) Pushing off ball of L, step (*land on*) R to right extending L to left 4) Touch L beside R
5) Turn 1/4 left stepping L fwd; 6) Turn 1/2 left stepping R back; 7) Turn 1/2 left stepping L fwd;
8) Step R fwd [6:00]

137-144

1,2,3&4
5,6,7,8

ROCK, RECOVER, COASTER STEP, CROSS, BACK, SIDE, CROSS

1) Rock L forward; 2) Recover to R; 3) Step L back; &) Step R beside L; 4) Step L forward
5) Cross R over L; 6) Step L back; 7) Step R to right; 8) Step L across R

Enjoy!