

# Get Up-Ah

Choreographed by Roy Hadisubroto (NL)

Description: 32 counts, 4 wall, Street - Pop/Lock

Level: Novice

Music : 'Sex Machine' - Mya (116 BPM) - Non-Country

- 1-9 BRING UP, PACING, BRING UP, CROSS, WRIST ROLL, PAGES**
- 1&2& Step R backwards, Bring both arms up to each side at 90 degree angle, elbows out, hands fisted (1), Bring both arms down to each side, 90 degree angle, elbows out, hands fisted (&), Lean to R side, Punch R arm to R side (2), Bring R arm down next to body (&) (12.00)
- 3&4 Recover on L, Bring both arms up to each side at 90 degree angle, elbows out, hands fisted (3), Bring both arms down to each side, 90 degree angle, elbows out, hands fisted (&), Close R next to L, Cross R arm over L arm on L diagonal side of body at hip height, both hands fisted (4) (12.00)
- 5&6& Bring R arm up to R side 90 degree angle, elbow out, R hand wrist roll counter clockwise (5), Step R to R side, With arms bent at the elbow, cross R arm over L arm on L diagonal side of body at hip height, both hands fisted (6), Put R arm centred in front body at hip height, hands fisted (&) (12.00)
- 7&8&1 Put R arm to R diagonal side of body at hip height, hands fisted (7), Continuing with arms bent at the elbow, R arm is on L diagonal side of body at hip height (8), While moving your R arm towards R side of body, begin your wrist roll by rolling your R wrist clockwise (&), Finish the wrist roll with R hand palm facing up and R arm on R diagonal side of body (1) (12.00)
- 10-16 ROLLING VINE, STATIONARY LEO WALK**
- 2-3-4 1/4 Turn L Step L forward(2), 1/2 Turn L Step R backwards(3), 1/4 Turn L Step L to L side(4)
- 5&6& R Hip bump up (5), R Hip back to centre (&), R Hip bump down (6), R Hip back to centre (&), (12.00)
- 7&8& R Hip bump up (7), R Hip back to centre (&), R Hip bump down (8), R Hip back to centre (&) (facing 12.00)
- 17-24 CAMPBELL WALK, SKEETER RABBIT**
- 1&2 Step R forward, R Hip bump to R side (1), Roll pelvis counter-clockwise (&2) (12.00)
- 3&4 Step L forward, L Hip bump to L side (3), Roll pelvis clockwise (&4) (12.00)
- 5&6& Kick R diagonally forward (5), Step R forward (&), 1/8 Turn L Kick L forward (6), Step L forward (&) (face 10.30)
- 7&8& Kick R diagonally forward (7), Step R forward (&), 1/8 Turn L Kick L forward (6), Step L forward (&) (face 9.00)
- 25-32 TRAVELLING WHICH-A-WAYS, POINTS, BRING UP, THE DOUBLE LOCK**
- 1&2& Close R next to L while flicking L to L side (1), Hitch L knee (&), Step L to L side, while flicking R to R side (2), Hitch R knee (&) (9.00)
- 3&4& Close R next to L while flicking L to L side (3), Hitch L knee (&), Step L to L side, while flicking R to R side (4), Hitch R knee (&) (9.00)
- 5&6& Close R next to L, Point R index finger forward in R diagonal at shoulder height (5), Point L index finger forward in L diagonal at shoulder height (&), Cross both arms in front of body, R over L at hip height (6), Uncross both arms to each side of body (&) (9.00)
- 7&8& Bring both arms up to each side, 90 degree angle, elbows out, hands fisted (7), Bring both arms down to each side, 90 degree angle, elbows out, hands fisted (&), Bring both arms forward at hip

level and contract body inwards, hands fisted (8) contract body inwards, hands fisted (&) (9.00)