

Get up (ah)

Choreographed by: Roy Hadisubroto

Type : 32 Count, 4 Wall, Funky (Funky) Updated: 22-02-2011
 Level : Advanced
 Music : "Sex machine" by Mya

ARMS, ROCK STEP, TOGETHER, ARM, TOUCH, TOGETHER, HEEL, ARMS

1 RF Step backwards,
 BA Up with bent elbows
 2 LF Point in place, BA point sides
 3 LF Step back,
 BA Up with bent elbows
 4 RF Step together,
 RA Cross over LA
 5 RA Up with bent elbow
 6 RF Touch right, RH swing left
 & RF Step together
 7 LF Touch heel left, RH swing right
 8 RH "Grab page" left
 & RH "Open page" middle

ARM, FULL TURN VINE, HIP SWINGS

9 RH "Close book" right
 10 LF ¼ Turn L, step forward (9.00)
 11 RF ½ Turn L, step backwards (3.00)
 12 LF ¼ Turn L, step left
 RF Point right (12.00)
 13 Hip swing right up
 14 Hip swing left down
 15 Hip swing right up
 16 Hip swing left down

HEEL DIG 2X, SKEETER RABBITS ½ TURN L

17 RF Step heel right, R hipswing
 18 RF Step on complete foot
 19 LF Step heel left, L hipswing
 20 LF Step on complete foot
 & RF Hitch
 21 RF Kick diagonally right forward
 & RF ¼ Turn L, step in centre, LF hitch (9.00)
 22 LF Kick diagonally left forward
 & LF Step in centre, RF hitch
 23 RF Kick diagonally right forward
 & RF ¼ Turn L, step in centre, LF hitch (6.00)
 24 LF Kick diagonally left forward
 & LF Step in centre, RF hitch

TRAVELLING SKEETER RABBITS, ARMS

25 RF Kick diagonally right
 & RF Step slightly left, LF hitch
 26 LF Kick diagonally left
 & LF Step slightly left, RF hitch
 27 RF Kick diagonally right
 & RF Step slightly left, LF hitch
 28 LF Kick diagonally left
 & LF ¼ Turn L, step together (3.00)
 29 RA Point right
 & LA Point left
 30 BA Cross in front
 & BA Diagonally down
 31 BA Up with bent elbows
 & BA Release under arms
 32 BA Forward with bent elbows