



Get Up If You Wanna Get Down

64 Count 2 Wall Phrased High Improver Level Dance.
Choreographed by: Alison Metelnick (UK) & Peter Metelnick (UK) Feb 2024
Choreographed to: Get Up (If You Wanna Get Down) by Slightly Stirred
Intro: 16 Counts. Start at approx 11 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

Sequence: A, A (24 counts), B, A, A (12 & 4 Count), B, A, Tag 2, B, A, A, A, A

Part A

SEC 1 CHARLESTON STEP, HEEL DIG X 2, WEAVE

- 1-4 Step R forward, low kick L forward, step L back, touch R back
5-6 Touch R heel on right diagonal, touch R heel on right diagonal
7&8 Cross R behind L, step L side, cross R over L

SEC 2 HEEL DIG X 2, ¼ WEAVE, STEP, ½ PIVOT TURN, KICK BALL STEP FWD

- 1-2 Touch L heel on left diagonal, touch L heel on left diagonal
3&4 Cross step L behind R, turning ¼ right step R forward, step L forward (3:00)

Restart Here 4th time Part A is danced, add the following then continue with Part B

- 5-6 Step R forward, pivot ½ left
7-8 Step R forward, pivot ¼ left

- 5-6 Step R forward, pivot ½ left (9:00)
7&8 Kick R forward, step R forward, step L forward

SEC 3 FWD, BOUNCE 3X TURNING ¼, CROSS, SIDE, SAILOR HEEL/KICK

- 1-4 Step R forward, bounce heels 3 times turning ¼ left with weight ending on L (6:00)
5-6 Cross step R over L, step L side
7&8 Cross step R behind L, step L side, touch R heel/kick forward

Restart Here 2nd time Part A is danced, Continue with Part B

SEC 4 BACK, CROSS, SIDE, SAILOR STEP, HEEL V-STEP

- &1-2 Step R back, cross step L over R, step R side
3&4 Cross step L behind R, step R side, step L side
5-6 Step forward weight on R heel, step apart weight on L heel
7-8 Step R back in place, step L back in place

Tag

- 1-4 Cross R over L, unwind ½ L to face front wall (weight on left)

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Part B

SEC 1 JUMP BACK, HOLD, JUMP BACK HOLD, FWD, HOLD, ¼ PIVOT TURN, HOLD

&1-2 Jump back right/left apart bending knees as you lower body slightly, hold

Arms Place right hand on right knee/thigh, left hand on left knee/thigh

&3-4 Jump back right/left apart bending knees as you lower body slightly, hold

Arms Place right hand on right knee/thigh, left hand on left knee/thigh

5-8 Step R forward, hold, pivot ¼ left to diagonal, hold

Arms 5-6 Raise R arm up with palm up and lower L arm down palm down, hold

7-8 Place right hand on right knee/thigh, left hand on left knee/thigh (7-8)

SEC 2 TURN ¼ JUMP FORWARD APART, HOLD, JUMP BACK, HOLD, FWD, HOLD, ¼ PIVOT TURN, HOLD

&1-2 Turning ¼ left jump forward right/left apart, hold

Arms 1-2 Raise R arm up with palm upwards and lower L arm down palm downwards, hold

3-4 Place right hand on right knee/thigh, left hand on left knee/thigh

&3-4 Jump back R/L apart apart, hold

5-8 Step R forward, hold, pivot ¼ left to diagonal, hold

Arms 5-6 Raise R arm up with palm upwards and lower L arm down palm downwards, hold

7-8 Place right hand on right knee/thigh, left hand on left knee/thigh

SEC 3 TURN ¼ JUMP FORWARD APART, HOLD, JUMP BACK, HOLD, FWD, HOLD, ¼ PIVOT TURN, HOLD

&1-2 Turning ¼ left jump forward right/left apart, hold

Arms Raise both arms up to the ceiling with palms facing outwards

&3-4 Jump back R/L apart, hold

Arms Bringing both arms down righthand on right knee, left hand on left knee

5-8 Step R forward, hold, pivot ¼ left to diagonal, hold

Arms 5-6 Raise R arm up with palm upwards and lower L arm down palm downwards, hold

7-8 Place right hand on right knee/thigh, left hand on left knee/thigh

SEC 4 TURN ¼ JUMP FORWARD APART, HOLD, JUMP BACK, HOLD, FWD, HOLD, ¼ PIVOT TURN, HOLD

&1-2 Turning ¼ left jump forward right/left apart, hold

Arms 1-2 Raise R arm up with palm upwards and lower L arm down palm downwards, hold

3-4 Place right hand on right knee/thigh, left hand on left knee/thigh

&3-4 Jump back R/L apart apart, hold

5-8 Step R forward, hold, pivot ¼ left to diagonal, hold

Arms 5-6 Raise R arm up with palm upwards and lower L arm down palm downwards, hold

7-8 Place right hand on right knee/thigh, left hand on left knee/thigh

Note Turn ¼ left to face front to start A again

