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## Get Up And Dance <br> <br> 64 Count, 2 Wall, Intermediate

 Choreographer: Malene Jakobsen (DK) June 2012 <br> Choreographed to: Undefeated (the single) by Jason Derulo (132bpm)}

Intro: 32 counts 15 seconds into track, dance begins with weight on $R$
There is 1 restart on wall 3 after 16 counts, you'll be facing 6.00

| 1-8 | Kick, step back, back rock, kick, step back, back rock |
| :--- | :--- |
| $1-2-3-4$ | (1) Kick $L$ fwd., (2) step back on $L$, (3) rock back on $R$, (4) recover onto $L 12.00$ |
| $5-6-7-8$ | (5) Kick R fwd., (6) step back on R, (7) rock back on $L$, (8) recover onto R 12.00 |

9-16 Shuffle fwd., fwd. rock, shuffle $1 / 2$, walk, walk
$1 \& 2 \quad$ (1) Step fwd. on $L$, (\&) step R next to $L$, (2) step fwd. on L 12.00
3-4 (3) Rock fwd. on R, (4) recover onto L 12.00
$5 \& 6$ (5) Turn $1 / 4$ R stepping $R$ to $R$, (\&) step $L$ next to $R$, (6) turn $1 / 4$ R stepping fwd, on $R 6.00$
7-8
Restart (7-8) Walk fwd. L, R
You're restart is here, you'll be facing 6 o'clock
17-24
1-2-3-4
Step, point, cross point, jazz box cross
5-6-7-8
(1) Step fwd, on $L$, (2) point $R$ to $R$, (3) cross $R$ over $L$, (4) point $L$ to $L 6.00$
(5) Cross L over R, (6) step back on R, (7) step L to L, (8) cross R over L 6.00

25-32 Side rock, behind side, cross shuffle, chasse
1-2-3-4
(1) Rock $L$ to $L$, (2) recover onto $R$, (3) cross $L$ behind $R$, (4) step R to R 6.00
(5) Cross L over R, (\&) step R to R, (6) cross L over R 6.00
(7) Step R to R, (\&) step L next to R, (8) step R to R 6.00

33-40 Back rock, shuffle 1/4, 1/4, touch, side touch
1-2 (1) Rock back on L, (2) recover onto R 6.00
3\&4
(3) Step $L$ to $L$, (\&) step R next to $L$, (4) turn $1 / 4$ R stepping back on $L 9.00$

5-6-7-8 (5) Turn 1/4 R stepping $R$ to $R$, (6) touch $L$ next to $R$, (7) step $L$ to $L$, (8) touch $R$ next to $L$
41-48 Vine with cross, side, touch, kick ball cross
1-2-3-4 (1) Step $R$ to $R$, (2) cross $L$ behind $R$, (3) step $R$ to $R$, (4) cross L over $R 12.00$
5-6
(5) Step R to R, (6) touch L next to R 12.00
(7) Kick L fwd. (\&) step L next to R, (8) cross R over L 12.00

49-56 Chasse, back rock, $1 / 2$ monterey, point, hold
1-2-3-4 (1) Step $L$ to $L$, (\&) step $R$ next to $L$, (2) step $L$ to $L$, (3) rock back on $R$, (5) recover onto $L$
5-6-7-8 (5) Point $R$ to $R$, (6) turn $1 / 2 R$ bringing $R$ next to $L$, (7) point $L$ to $L$, (8) hold 6.00

## 57-64 Back rock, side toe strut, behind fwd., shuffle fwd,

1-2-3-4 (1) Rock back on $L$, (2) recover onto R, (3) step $L$ toes to $L$, (4) drop $L$ heel 6.00
5-6
(5) Cross $R$ behind $L$, (6) step fwd. on $L 6.00$
$7 \& 8$
(7) Step fwd, on R, (\&) step L next to R, (8) step fwd. on R 6.00

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[^0]:    Music download available from iTunes

