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Make You Move
144 Count, 0 Wall, Intermediate (Phrased) Choreographer: Scott Blevins (USA) May 2016 Choreographed to: Get Up (SB Mix) by Vernon Burch

## 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.

Section $1 \quad$| Hip Circle, Bump, $1 / 4$ Right, $1 / 2$ Right, Side Rock With $1 / 4$ Turn, Recover, Cross, |
| :--- |
| Big Ste, |

Big Step, Drag

1
2
3-4

1) Step $R$ to right circling hips anti-clockwise from back to front
2) Touch $L$ toward left diagonal and bump to left
$58-3$ ) Turn $1 / 4$ right stepping $L$ back [3:00]; 4) Turn $1 / 2$ right stepping $R$ forward [9:00]
3) Turn $1 / 4$ right rocking L to left [12:00]; \&) Recover to R; 6) Step L across R

7-8 7) Step $R$ a big step right; 8) Drag $L$ toward $R$
Section 2 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]
5\&6
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 $L$

7-8
7) Turn $1 / 4$ right stepping $L$ back [9:00]; 8) Turn $1 / 4$ right stepping $R$ forward [12:00]

## Section 3 Rock, Recover, Ball, Rock, Recover, Ball, Step, $1 / 2$ Pivot Right, Step, $1 / 2$ Pivot Right

## 1-2\&

1) Rock $L$ forward in front of $R$ pushing chest fwd; 2) Recover to R; \&) Step ball of $L$ beside $R$

3-4\& 3) Rock $R$ forward in front of $L$ pushing chest fwd; 4) Recover to $L$; \&) Step ball of $R$ beside $L$
5-6 5) Step L fwd; 6) Turn $1 / 2$ right taking weight on $R$ [6:00]
7-8 7) Step L fwd; 8) Turn $1 / 2$ right taking weight on $R$ [12:00]

## Section 4 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 $L$

5-6 5) Step $L$ to left; 6) Step $R$ behind $L$ and sweep $L$ to left and back
7\&8
7) Step $L$ behind $R ;$ \&) Step $R$ to right; 8) Step $L$ forward

Section 5 Triple Forward, Rock, Recover, $1 / 2$ Turn Left, Triple Forward, Rock, Recover
1\&2,3,4 1) Step $R$ fwd; \&) Step ball of $L$ to $R ; 2$ ) Step $R$ fwd; 3) Rock $L$ forward; 4) Recover to $R$ \&5\&6
\&) Turn $1 / 2$ left on $R$ [6:00]; 5) Step L fwd; \&) Step ball of R to L; 6) Step L fwd

Section
a1-2
3-4
$1 / 2$ Right, Step, Cross, Step Right, Sweep, Behind, $1 / 4$ Left, Forward, Walk, Walk
3) Step $R$ to right; 4) Step $L$ behind $R$ and sweep $R$ to right and back
$5 \& 6$
5) Step $R$ behind $L ; \&$ ) Turn $1 / 4$ left stepping $L$ forward [9:00]; 6) Step $R$ forward

7-8
7-8) Walk L, R
Section $7 \quad 1 / 4$ 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\&
2) 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
\&5\&6
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
$7 \& 8$
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]

## Section

Walk, Walk, Walk, Walk, Walk, Walk, Cross Triple
1,2,3,4,5,6 Making a 7/8th turn to the right, walk forward L-R-L-R-L-R clockwise from 1:00 to 12:00 $7 \& 8$

| Section 9 | Mambo Side Right, Mambo Side Left, Chase Turn, $1 / 2$ Right, $1 / 2$ Right |
| :--- | :--- |
| $1 \& 2$ | 1) Rock R to right; \&) Recover to L; 2) Step R beside L |
| $3 \& 4$ | 3) Rock L to left; \&) Recover to R; 4) Step L beside R |
| $5 \& 6$ | 5) Step R forward; \&) Turn $1 / 2$ left taking weight on L [6:00]; 6) Step R forward |
| $7-8$ | 7) Turn $1 / 2$ right stepping L back [12:00]; 8) Turn $1 / 2$ right stepping R forward [6:00] |

Section 10 Hop Fwd And Reach, Hold, Hop Back And Bend, Hold, Bump 3x, Close With Clap
\&1-2
\&3-4 \&) 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
5,6,75-6 7) Unbend from waist up as you step $R$ to right and bump hips $3 X$
Note: On counts 5-7 feet should be a shoulder's width apart, with weight evenly over both feet and knees bent.
8

## Section 11 Repeat Counts 65-80 (facing 12:00 After Count 88)

Section 12
1,2,3\&4
5,6,7\&8
Section 13
1,2,3\&4
5-6-7

8

Section 14
Rolling Vine Right, Touch, Left, Behind, $1 / 4$ Left, Step Forward
1,2,3,4
5,6,7,8
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

Section 15 Step, $1 / 4$ Pivot, Cross Triple, Step, $1 / 2$ Pivot, Cross, Step Back
1,2,3\&4 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 $R$
$5,6,7,8 \quad$ 5) Step $R$ forward; 6) Turn $1 / 2$ left taking weight on $L$ [9:00]; 7) Step $R$ across $L$; 8) Step $L$ back
Section 16 Push Step, Push Step, Push Step, Touch, Rolling Vine Left With $1 / 4$ Turn Left, Step Fwd
a1a2a3 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
$5,6,7,8 \quad$ 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]

Section 17
Rock, Recover, Coaster Step, Cross, Back, Side, Cross
1,2,3\&4
5,6,7,8
Enjoy!

Track: Very hard to find but will be available) NOT on Amazon

