



Get Up And Move

32 Count 4 Wall Beginner Level Dance.

Choreographed by: Heather Jayne Endall (AUS) Aug 2025

Choreographed to: Get Up And Move by Jon Mero

Intro: 32 Counts. Start at approx 16 secs.

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

SEC 1 V-STEP, OUT, OUT, ¼ TURN, CLAP CLAP

- 1-2 R Fwd on R Diagonal, L Fwd on L Diagonal
- 3-4 Step R back to centre, Step L beside R
- 5-6 Step R to R side, Step L to L side
- 7-8 Turn ¼ R weight back on L, Clap hands twice (3:00)

SEC 2 SHUFFLE, ½ SHUFFLE FWD, ¼ JAZZ BOX

- 1&2 Step R Fwd, L beside R, Step R Fwd
- 3&4 Turn ½ L step L Fwd, R beside L, Step L Fwd (9:00)
- 5-6 Cross R over L, Step back on L
- 7-8 ¼ turn R stepping R to R side, Step L beside R (12:00)

SEC 3 FWD, SWIVEL HEELS, COASTER, FWD, FWD, TOGETHER, SWIVEL HEELS

- 1&2 Step R Fwd, Lift both heels swivel R, Return heels back to centre and lower
- 3&4 Step back on R, Step L beside R, Step R Fwd
- 5-6 Step L Fwd, Step R Fwd
- 7&8 Step L beside R, Lift both heels swivel L, Return heels to centre

SEC 4 ⅛ PADDLE TURN, ⅛ PADDLE, ROCK, TOGETHER, KNEE POP

- 1-2 Step R ball Fwd push turning ⅛ over L, Recover weight on L (10:30)
- 3-4 Step R ball Fwd push turning ⅛ over L, Recover weight on L (9:00)
- 5-6 Rock Fwd on R, Recover weight L
- 7&8 Step R back beside L, Pop both knees fwd, lower heels