



Just Get Up Get Down

**Choreographers: Justinas Jurkaitis (LT), Egidija Merenanu (LT),
Vilma Grikinė (LT) & Daina Tamulionienė (LT)**

~Official GOLD competition dance 2022 - 2023~

Type of dance: 32 Count, 4 Walls - Line Dance
 Level: Absolute Beginner
 Music: "Get Up" by Technotronic
 Intro: 32 counts from first beat in music (app. 15 seconds into track)

Counts	Footwork	End facing
1 – 8	Walk 4x, V Step	
1 – 4	Step R forward (1), Step L forward (2), Step R forward (3), Step L forward (4)	12:00
5 – 8	Step R diagonally R forward (5), Step L diagonally L forward (6), Step R back to center (7), Step L next to R (8)	12:00
9 – 16	Diagonal Step Touch 2x, ¼ Turn R, Side Steps	
1 – 2	Step R diagonally R back (1), Touch L next to R (2)	12:00
3 – 4	Step L diagonally L back (3), Touch R next to L (4)	12:00
5 – 6	¼ turn R stepping R to R side (5), Step L next to R (6)	3:00
7 – 8	Step R to R side (7), Step L next to R (8)	3:00
17 – 24	Touch 3x, Close, Touch 3x, Close	
1 – 4	Touch R to R side (1), Touch R next to L (2), Touch R to R side (3), Step R next to L (4)	3:00
5 – 8	Touch L to L side (5), Touch L next to R (6), Touch L to L side (7), Step L next to R (8)	3:00
25 – 32	Side Step & Hitch 4x	
1 – 4	Step R to R side (1), Hitch L (2), Step L to L side (3), Hitch R (4)	3:00
5 – 8	Step R to R side (5), Hitch L (6), Step L to L side (7), Hitch R (8)	3:00