

Get Up Off

Choreographer: **Brian Barakauskas**

-Official GOLD competition dance 2024 - 2025-

Type of dance: 48 Count (Part A = 32, Part B = 16), 1 Wall, WCS - Line Dance
 Level: Stars
 Music: "High Horse" by Nelly, BRELAND & Blanco Brown
 Intro: 16 counts from first beat in music (app. 9 seconds into track)
 Sequence: A – B1 – B2 – Tag – A – B2 – A – A – A – A

Counts	Footwork Part A 32 Counts	End facing
1 – 8	Walk R L, Anchor ½ Turn R, 1½ Rolling Turn R, Step Back Ball Side	
1 – 2	Step R forward (1), Step L forward (2)	12:00
3 & 4	Rock R behind L (3), Recover on L (&), Turn ½ R stepping R forward (4)	6:00
5 & 6	Turn ½ R stepping L back (5), Turn ½ R stepping R forward (&), Turn ½ R stepping L back (6)	12:00
7 & 8	Step R back (7), Step L next to R (&), Step R to R side (8)	12:00
9 – 16	Rock & Side, Rock & Fwd, Walk L R, Full Turn R, Point	
1 & 2	Rock L back (1), Recover on R (&), Step L to L side (2)	12:00
3 & 4	Rock R back (3), Recover on L (&), Step R forward (4)	12:00
5 – 6	Step L forward (5), Step R forward (6)	12:00
7 & 8	Turn ½ R stepping L back (7), Turn ½ R stepping R forward (&), Point L to L side (8)	12:00
17 – 24	Sailor Step, Touch ¾ Unwind, Back Rock, Hold, ¼ Turn R Hitch, Side Drag, Close	
1 & 2	Cross L behind R (1), Step R to R side (&), Step L to L side (2)	12:00
3 – 4	Touch R behind L (3), Unwind ¾ R stepping on R (4)	9:00
5 & 6	Rock L back (5), Recover on R (&), Hold (6)	9:00
& 7 – 8	Turn ¼ R hitching with L (&), Step L to L side dragging R towards L (7), Step R next to L (8)	12:00
25 – 32	Mambo Step, ½ Volta, ¼ Cross, ¼ Back, Full Turn	
1 & 2	Rock L forward (1), Recover on R (&), Step L next to R (2)	12:00
3 & 4	Turn ¼ R crossing R over L (3), Step L next to R (&), Turn ¼ R crossing R over L (4)	6:00
5 – 6	Turn ½ L stepping L forward (5), Turn ½ L stepping R back (6)	10:30
7 – 8	Turn ½ L stepping L forward (7), Turn ¾ L stepping R back (8)	12:00
Counts	Footwork Part B 16 Counts	End facing
1 – 8	Vaudeville, Vaudeville, Step Pivot ½ Turn R, Full Turn	
1 &	Cross L over R (1), Step R diagonally R back (&)	12:00
2 &	Point L diagonally L forward (2), Step L next to R (&)	12:00
3 &	Cross R over L (3), Step L diagonally L back (&)	12:00
4 &	Point R diagonally R forward (4), Step R next to L (&)	12:00
5 – 6	Step L forward (5), Pivot ½ R stepping on R (6)	6:00
7 – 8	Turn ½ R stepping L back (7), Turn ½ R stepping R forward (8)	6:00
9 – 16	Step, ½ Pivot, Step, Mambo Step, Step, ½ Pivot	
1 & 2	Step L forward (1), Pivot ½ R stepping on R (&), Step L forward (2)	12:00
3 & 4	Rock R forward (3), Recover on L (&), Step R next to L (4)	12:00
5 – 6	Step L forward (5), Pivot ½ R stepping on R (6)	6:00
Note	Part B has 2 endings	
Part B1	½ Turn R, Step Back 2x	
7 – 8	Turn ½ R stepping L back (7), Step R back (8)	12:00
Part B2	½ Turn R, Coaster Step	
7 & 8	Turn ½ R stepping L back (7), Step R next to L (&), Step L forward (8)	12:00
TAG	Walk R L, Rock Step, Step Back, Swivel Step Back 2x, Coaster Step	End facing
1 – 2	Step R forward (1), Step L forward (2)	12:00
3 & 4	Rock R forward (3), Recover on L (&), Step R back (4)	12:00
5 – 6	Step L back swivelling R toe to R (5), Step R back swivelling L toe to L (6)	12:00
7 & 8	Step L back (7), Step R next to L (&), Step L forward (8)	12:00