

# Get up (ah)

Choreographed by: Roy Hadisubroto

Type : 32 Count, 4 Wall, Funky (Funky) Updated: 22-02-2011  
 Level : Advanced  
 Music : "Sex machine" by Mya

## ARMS, ROCK STEP, TOGETHER, ARM, TOUCH, TOGETHER, HEEL, ARMS

1 RF Step backwards,  
 BA Up with bent elbows  
 2 LF Point in place, BA point sides  
 3 LF Step back,  
 BA Up with bent elbows  
 4 RF Step together,  
 RA Cross over LA  
 5 RA Up with bent elbow  
 6 RF Touch right, RH swing left  
 & RF Step together  
 7 LF Touch heel left, RH swing right  
 8 RH "Grab page" left  
 & RH "Open page" middle

## ARM, FULL TURN VINE, HIP SWINGS

9 RH "Close book" right  
 10 LF ¼ Turn L, step forward (9.00)  
 11 RF ½ Turn L, step backwards (3.00)  
 12 LF ¼ Turn L, step left  
 RF Point right (12.00)  
 13 Hip swing right up  
 14 Hip swing left down  
 15 Hip swing right up  
 16 Hip swing left down

## HEEL DIG 2X, SKEETER RABBITS ½ TURN L

17 RF Step heel right, R hipswing  
 18 RF Step on complete foot  
 19 LF Step heel left, L hipswing  
 20 LF Step on complete foot  
 & RF Hitch  
 21 RF Kick diagonally right forward  
 & RF ¼ Turn L, step in centre, LF hitch (9.00)  
 22 LF Kick diagonally left forward  
 & LF Step in centre, RF hitch  
 23 RF Kick diagonally right forward  
 & RF ¼ Turn L, step in centre, LF hitch (6.00)  
 24 LF Kick diagonally left forward  
 & LF Step in centre, RF hitch

## TRAVELLING SKEETER RABBITS, ARMS

25 RF Kick diagonally right  
 & RF Step slightly left, LF hitch  
 26 LF Kick diagonally left  
 & LF Step slightly left, RF hitch  
 27 RF Kick diagonally right  
 & RF Step slightly left, LF hitch  
 28 LF Kick diagonally left  
 & LF ¼ Turn L, step together (3.00)  
 29 RA Point right  
 & LA Point left  
 30 BA Cross in front  
 & BA Diagonally down  
 31 BA Up with bent elbows  
 & BA Release under arms  
 32 BA Forward with bent elbows