Everybody Get Up

Choreography February 2024 by:
Dustin Betts (USA), Cody Flowers (USA) & Rachael McEnaney-White (UK/USA)
Dustin: dustinbetts97@gmail.com
Cody: dancewithcody@gmail.com | www.dancewithcody.com
Rachael: dancewithrachael@gmail.com | www.Rachael.dance

Description: 2 wall, Phrased Intermediate/Advanced
Music: Everybody Get Up - Yes Yes No Maybe (3.32 mins) - approx 130bpm. **Itunes Link**
Count In: 32 counts from start of track, dance begins on vocals
Phrasing: A B B A B B Tag A- (32) B B
Videos: Demo: **www.vimeo.com/learnlinedance/EverybodyGetUpDemo**
Teach: **www.vimeo.com/learnlinedance/EverybodyGetUp**
Quick Recap: **Youtube link**

Section	Footwork	End Facing
A 1 - 8	**R point forward, R point side, 1/4 R sailor, L fwd rock, 1/4 L side, R point**	
1 2	Point R forward slightly across L [1]. Point R to right [2]	12:00
3 & 4	Cross R behind L [3] Make 1/4 turn right stepping L next to R [&] Step R forward [4]	3:00
5 6	Rock L forward [5] Recover weight R [6]	3:00
7 8	Make 1/4 turn left stepping L to left *(styling: take both arms up above head and circle each arm out to either side)* [7]. Point R to right *(styling: completing the arm circle snap fingers out to sides 'diva snap')*	12:00
A 9 - 16	**Rolling vine R with R chasse, 1/8 turn R doing L mambo, R triple back (styled with L hitch)**	
1 2	Make 1/4 turn right stepping R forward [1] Make 1/2 turn right stepping L back [2]	9:00
3 & 4	Make 1/4 turn right stepping R to right [3] Step L next to R [&] Step R to right (open body to right diagonal) [4]	12:00
5 & 6	Make 1/8 turn right rocking L forward [5] Recover weight R [&] Step L back [6]	1:30
7 & 8	Step R back hitching L knee [7] Step in place on ball of L [&] Step R back hitching L knee [8]	1:30
A 17 - 24	**L Kick out-out (L,R), L side rock (w/hips), 1/2 turn left walking L-R L shuffle.**	
1 & 2	Kick L forward [1] Step L to left [&] Step R to right [2]	1:30
3 4	Rock L to left (pushing hips left) while snapping fingers above head in X formation [3] Recover weight R (pushing hips right) while snapping fingers to sides [4]	1:30
5 6	Make 1/8 turn left stepping L forward [5] Make 1/8 turn left stepping R forward [6]	10:30
7 & 8	Make 1/4 turn left stepping L forward [7] Step R next to L [&] Step L forward [8]	7:30
A 25 - 32	**R forward rock, R back doing body roll back, L coaster step, R fwd, 3/8 turn L pivot**	
1 2 3 4	Rock R forward [1] Recover weight L [2] Step R back as you begin body roll back [3] Finish body roll (weight R) [4]	7:30
5 & 6 7 8	Step L back [5] Step R next to L [&] Step L forward [6] Step R forward [7] Pivot 3/8 turn left transferring weight L [8]	3:00
NOTE A-	*The 3rd time you do A you will only dance 32 counts - instead of 3/8 pivot you will make 5/8 to face 12.00 ready to do B*	
A 33 - 40	**Walk forward R-L, 1/4 turn left doing R 'C-Hip', 1/4 turn L walking L-R, 3 runs forward L-R-L**	
1 2	Step R forward [1] Step L forward [2]	3:00
3 & 4	Make 1/4 turn left hitching R knee bumping hips up [3] Touch R to right bumping hips left [&] Bump hips right bending knees slightly (weight ends R) [4]	12:00
5 6 7 & 8	Make 1/4 turn left stepping L forward [5] Step R forward [6] Step L forward [7] Step R forward [&] Step L forward [8]	9:00
A 41 - 48	**1/4 turn R walking R-L, 1/4 turn left doing R 'C-Hip', 3/4 turn left running in place L-R-L-R-L, Hold**	
1 2	Make 1/4 right stepping R forward [1] Step L forward [2]	12:00
3 & 4	Make 1/4 turn left hitching R knee bumping hips up [3] Touch R to right bumping hips left [&] Bump hips right bending knees slightly (weight ends R) [4]	9:00
5&6&78	Making 3/4 turn left run in place L-R-L-R-L [5&6&7] Hold [8]	12:00

B 1 - 8	**R hitch, R big step back, hold, L side, R heel, R ball, L cross, unwind full turn right**	
1 2 3	Hitch R knee [1] Take big step back R dragging L towards R [2] Hold [3]	12:00
& 4 & 5	Step L to left [&] Touch R heel to right diagonal [4] Step in place on ball of R [&] Cross L over R *(bend knees slightly)* [5]	12:00
6 7 8	Unwind full turn right *(with knees still slightly bent) weight ends R [678]*	12:00
B 9 - 16	**L side, R touch, Hold, R side, L touch, L side, R touch, 3 diagonal rocks *(with hip styling),* L cross**	
&12&3&4	Step L to left [&] Touch R next to L [1] Hold [2] Step R to right [&] Touch L next to R [3] Step L to left [&] Touch R next to L [4]	12:00
5 6	Rock R forward to right diagonal *(push hips forward)* [5] Recover weight L *(push hips back)* [6]	12:00
7 8	Rock R forward to right diagonal [7] Cross L over R [8]	12:00
B 17 - 24	**R side, L close, R cross, 1/4 right back L, 1/4 right doing R chasse into dip, Hold, L close, R side, L touch**	
& 1 2	Step R to right side [&] Step L next to R *(angle body to left diagonal 10.30)* [1] Cross R over L [2]	12:00
3 4 &	Make 1/4 turn right stepping L back [3] Make 1/4 turn right stepping R to right [4] Step L next to R [&]	6:00
5 6	Step R big step to right side as you bend both knees slightly (*as if dipping under a rope from left to right)* [5] Hold (c*ontinue the movement from left to right as you straighten knees)* [6]	6:00
& 7 8	Step L next to R [&] Step R to right [7]. Touch L next to R [8]	6:00
B 25 - 32	**Rolling vine L with L chasse, R jazz box**	
1 2	Make 1/4 turn left stepping L forward [1] Make 1/2 turn left stepping R back [2]	9:00
3 & 4	Make 1/4 turn left stepping L to left side [3] Step R next to L [&] Step L to left side [4]	6:00
5 6 7 8	Cross R over L [5] Step L back [6] Step R to right [7] Step L forward [8]	6:00
TAG	***This tag moves from the position you were to a circle around the floor. Move to the circle during counts 1 - 16. Counts 17-80 you will dance IN a circle around edge of floor facing line of dance. Counts 81-96 you will leave the circle and move to another spot on the floor.***	
T 1 - 8	**Walk R-L, R samba (bota fogo), Walk L-R, L samba (bota fogo)**	
1 2 3 & 4	Step R forward [1] Step L forward [2] Step R forward and across L [3] Rock ball of L to left [&] Recover weight R [4]	Move
5 6 7 & 8	Step L forward [5] Step R forward [6] Step L forward and across R [7] Rock ball of R to right [&] Recover weight L [8]	Move
T 9 - 16	**Repeat T 1 - 8 (Walk R-L, R samba (bota fogo), Walk L-R, L samba (bota fogo))** By the end of these 16 counts you need to be in a circle around the floor facing line of dance (counter clockwise) - *if there is a large group you don't all need to be in a line simply just group together so the whole room creates a circle*	Move
T 17 - 24	**R fwd, L close (hands up), R back, L close (hands down), R side - L touch - L side - R touch with shoulder shimmy**	
& 1 2	Step R forward [&] Step L next to R as you raise both hands up in air [1] Hold [2]	Circle
& 3 4	Step R back [&] Step L next to R as you bring both hands down [3] Hold [4]	Circle
5 6	Step R to right and slightly forward [5] Touch L to left [6] *During counts 5-6 shimmy shoulders*	Circle
7 8	Step L to left and slightly forward [7] Touch R to right [8] *During counts 7-8 shimmy shoulders*	Circle
T 25 - 32	**R fwd, 1/2 pivot L, R fwd, 1/2 pivot L, 4 walks forward R-L-R-L**	
1 2	Step R forward *(option to reach hands up palms face out)* [1] Pivot 1/2 turn left (weight ends L) [2]	Circle
3 4	Step R forward *(option to reach hands down palms face back)* [3] Pivot 1/2 turn left (weight ends L) [4]	Circle
5 6 7 8	Step R forward [5] Step L forward [6] Step R forward [7] Step L forward [8]	Circle
T 33 - 80	**Repeat counts T 17 - 32 another 3 times "jump up jump down, shake it all around, jump up jump down……."**	Circle
T 81 - 88	**8 walks beginning with R - find another spot on the floor and get back into lines**	
12345678	Walk R-L-R-L-R-L-R-L: You are walking to find another spot on the dance floor	Move
T 89-96	**Step R hitching L, L ball, Step R hitching L, L ball, Step R hitching L, L ball, Step R hitching L, Step L next to R, Hold**	
1&2& 3&4	Step R forward as you hitch L [1] Step in place on ball of L [&] Step R forward as you hitch L [2] Step in place on ball of L [&] Step R forward as you hitch L [3] Step in place on ball of L [&] Step R forward as you hitch L [4] *You could also use these steps to continue finding a spot. Easy alternative for these counts would be simply stepping R-L-R-L-R-L-R*	12:00
5 6 7 8	Step L next to R as you raise arms up [5] Hold transferring *(ready to do **A-**)* [6,7,8]	12:00

<u>Phrasing:</u> A B B A B B Tag A- (32) B B **HAVE FUN - GOOD LUCK :-)**