

GOTTA GET UP

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 Website: <http://simpsonchoreo.blogspot.com/>
 Music: "Gotta Get Up" Artist: Harry Nilsson. Available as an mp3 from Amazon, iTunes, etc. See end of cue sheet for music link on Amazon. Preview Music on YouTube: <https://www.youtube.com/watch?v=6jRh2PRa1tU>
 Time: 2:23 [dance ends at 2:11]
 Footwork: Woman's footwork opposite (*except as noted in parentheses*)
 Rhythm/Phase: Five Count*/Two Step II+1 (Strolling Vine)
 *Five Count timing is SS QQS [slow cha cha rhythm]
 Degree of difficulty: Average

SEQUENCE: INTRO – A – INT 1 – B – A – INT 2 – B – A – END

INTRODUCTION**1-4 BFLY WAIT ; ; ; ;**

1-4 Bfly Wall ld feet free, wait 4 quick-count measures ; ; ; ;

5-8 SLOW SIDE CLOSE TWICE ; ; SLOW VINE 4 TO OPEN LOD ; ;

5-6 {**Slow Sd Cl 2X**} Sd L, -, cl R, -; sd L, -, cl R, -;

7-8 {**Slow Vn 4**} Sd L, -, XRib, -; sd L, -, XRif to OP LOD, -;

PART A**1-4 CIRCLE AWAY 2 AND A 2-STEP ; ; TOGETHER TWO AND A 2-STEP TO CP WALL ; ;**

1-2 {**Circ Awy 2 & 2-Step**} Circg LF twd COH fwd L, -, fwd R, -; fwd L, cl R, fwd L, -;

3-4 {**Tog 2 & 2-Step**} Cont LF circ twd ptr fwd R, -, fwd L, -; fwd R, cl L, fwd R to CP WALL, -;

5-8 BROKEN BOX ; ; ; ;

9 {**Brkn Box**} Sd L, cl R, fwd L, -;

10 Rk fwd R, -, rec L, -;

11 Sd R, cl L, bk R, -;

12 Rk bk L, -, rec R, -;

9-12 STROLLING VINE TO BFLY WALL ; ; ; ;

13 {**Strllg Vn**} Comm slight RF upper bdy trn sd L, -, w/slight LF upper bdy trn XRib (*W XLif*), -;

14 Cont trn sd L, cont trn cl R, cont trn sd L to CP COH, -;

15 Comm slight RF upper bdy turn sd R, -, w/slight RF upper bdy trn XLib (*W XRif*), -;

16 Cont trn sd R, cont trn cl L, cont trn sd R to BFLY WALL, -;

13-16 TRAVELING DOOR TWICE TO OP LOD ; ; ; ;

5-6 {**Trvlg Door**} Rk sd L, -, rec R, -; XLif, sd R, XLif, -;

7-8 {**Trvlg Door**} Rk sd R, -, rec L, -; XRif, sd L, XRif to OP LOD, -;

INTERLUDE 1**1-4 CHARLESTON TWICE ; ; ; ;**

1-2 {**Chrlstn**} Fwd L, -, pt R fwd, -; bk R, -, pt L bk, -;

3-4 {**Chrlstn**} Fwd L, -, pt R fwd, -; bk R, -, pt L bk, -;

PART B**1-4 WALK 2 FWD LOCK FWD TWICE ; ; ; ;**

- 1-2 {**Wik 2 Fwd Lk Fwd**} Fwd L, -, fwd R, -; fwd L, lk Rib, fwd L, -;
 3-4 {**Wik 2 Fwd Lk Fwd**} Fwd R, -, fwd L, -; fwd R, lk Lib, fwd R, -;

5-8 2 TURNING 2-STEPS TO BFLY WALL ; ; SLOW VINE 4 ; ;

- 5-6 {**2 Trng 2-Stps**} Blndg to CP WALL sd L, cl R comm RF trn, sd & bk L acrs Line of Prog comp 1/2 RF turn, -; sd R, cl L comm RF trn, fwd R comp 1/2 RF trn to BFLY WALL, (*W sd R, cl L comm RF trn, fwd R com 1/2 RF trn, -; sd L, cl R comm RF trn, sd & bk L across Line of Prog comp 1/2 RF trn,*) -;
 7-8 {**Vn 4**} Sd L, -, XRib, -; sd L, -, XRif, -;

9-12 VINE TWO FACE TO FACE ; ; VINE TWO BACK TO BACK TO OP LOD ; ;

- 9-10 {**Vn 2 Fc to Fc**} Sd L, -, XRib (*W XLib*), -; sd L, cl R, fwd & sd L trng LF to V pos Bk-to-Bk, -;
 11-12 {**Vn 2 Bk to Bk**} Sd R, -, XLib (*W XRib*), -; sd R, cl L, trng 1/4 RF sd & fwd R to OP LOD, -;

13-16 SLIDING DOOR TWICE ; ; ; ;

- 13-14 {**Slidg Door**} Rk apt L, -, rec R relsg hnds, -; XLif, sd R, XLif chg sds fc LOD as W Xif of M, -;
 15-16 {**Slidg Door**} Rk apt R, -, rec L, -; XRif, sd L, XRif chg sds fc LOD as W Xif of M, -;

REPEAT PART A [END 16 BFLY WALL]**1-4 CIRCLE AWAY TWO AND A 2-STEP ; ; TOGETHER TWO AND A 2-STEP TO CP ; ;****5-8 BROKEN BOX ; ; ; ;****9-12 STROLLING VINE TO BFLY WALL ; ; ; ;****13-16 TRAVELING DOOR TWICE TO BFLY WALL ; ; ; ;****INTERLUDE 2****1-4 BASKETBALL TURN ; ; OPEN VINE 4 ; ;**

- 1-2 {**Bball Trn**} Sd L trng RF 1/4 to fc LOP RLOD, -, rec R, -; fwd L trng RF 1/4, -, rec R trn 1/2 to BFLY WALL, -;
 3-4 {**Op Vn 4**} Sd L, -, XRib to LOP fcg RLOD, -; sd L to fc, -, XRif to OP LOD, -;

REPEAT PART B**1-4 WALK 2 FWD LOCK FWD TWICE BLEND TO CP WALL ; ; ; ;****5-8 2 TURNING 2-STEPS TO BFLY ; ; SLOW VINE 4 ; ;****9-12 VINE TWO FACE TO FACE ; ; VINE TWO BACK TO BACK TO OP LOD ; ;****13-16 SLIDING DOOR TWICE ; ; ; ;****REPEAT PART A [END 16 CP WALL]****1-4 CIRCLE AWAY TWO AND A 2-STEP ; ; TOGETHER TWO AND A 2-STEP TO CP WALL ; ;****5-8 BROKEN BOX ; ; ; ;****9-12 STROLLING VINE TO BFLY WALL ; ; ; ;****13-16 TRAVELING DOOR TWICE TO CP WALL ; ; ; ;****END to fade out****1 SIDE CORTE ;**

- 1 {**Sd Corte**} Lun L extending R leg to sd ptg RLOD, -, -, -;

Amazon link to the music: https://www.amazon.com/dp/B00136PMG2/ref=dm_ws_tlw_trk1