



# Get Up!!



Beat	Skill							
	1	2	3	4	5	6	7	8
1	SS L/W wallow R	EB r/wallow L	WW click L	cross	SSR/ w wallowL	EB L/wallow R	ww click R	cross
2	R Knee up	side straddle	x motion R	open	l Knee up	Side Straddle	X motion L	Open
3	Jump	cross	180 L	back cross	l ss	Back cross	back EB R	back jump
4	180 Lw/ ss R	cross	ssL	EB L	EB Toad	ss Toad	toad	open
5	Du Rebound		ssL	EB wrap R	180 unwrap	back ss	back EB R	back jump 180 to front
6	rebound		cross	cross	catch R foot	jog step L	Jog step R	Jog Step L
7	Kick to 180 L	mad dog l	180 R	back jump	180 L jump	180 L	back jump	reverse rebound
8	heel R	heel R	toe L	toe L	rocker R leg up	rocker R leg down rebound	180 Du BC	
9	side straddle	x motion R	L Texas style full turn		side straddle	x motion L	R Texas style full turn	
10	peak a boo R	peaka boo L	jump	R ss	overhead L ss	L ss	back cross turn	jump
11	DU	jump	toad L rebound		crouger R rebound		toad L	Crouger R
12 R jumper	cross	Right jumper catch rope and jump to beat						Jump
12 L Jumper	cross	ss L	R arm cross scoop	jump	180 front scoop rebound		jump	jump
13 R Jumper	Catch	R jumper catch rope and jump to beat				jump	ss L	EB 270 Jump to face partner
13 L Jumper	jump	traveler scoop R	jump right of person	traveler Scoop L	jump right partner	jump	ss R	EB 270 Jump to face partner
14 R Jumper	squat rebound		push up		up	ss R	ss L	jump
14 L Jumper	squat rebound		push up		up	ss L	ss R	jump
15	ss L/w wallow R	eb r/wallow L	ww click L	cross	ssR/ w wallowL	eb L/wallow R	ww click R	cross
16	r Knee up	side straddle	x motion R	open	l Knee up	Side Straddle	X motion L	Open
17	Jump	cross	180 L	back cross	l ss	Back cross	back EB R	back jump
18	180 Lw/ ss R	cross	ssL	EB L	EB Toad	ss Toad	toad	open
19	Du Rebound		ssL	EB wrap R	180 unwrap	back ss	back EB R	back jump 180 to front
20	rebound		cross	cross	catch R foot	jog step L	Jog step R	Jog Step L
21	Kick to 180 L	mad dog l	180 R	back jump	180 L jump	180 L	back jump	reverse rebound
22	heel R	heel R	toe L	toe L	rocker R leg up	rocker R leg down rebound	180 Du BC	
23	side straddle	x motion R	L Texas style full turn		side straddle	x motion L	R Texas style full turn	
24	peak a boo R	peaka boo L	jump	R ss	overhead L ss	L ss	back cross turn	Jump
25	DU rope throw							Jump

Line 5: Jumper split right jumper moves forward left jumper moves back on DU rebound

Line 6 : Jumpers switch place (right jumper becomes left jumper) on Rebound beat 1

Line 12: after scoops left jumper becomes right jumper

Music start @ 25 sec