

Get Up Off That Thang

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Dr. Fawn Champagne (USA) & Idlewild Side Stoppas (USA) - August 2026

Music: Get Up Offa That Thing - James Brown



2 Tag

[1-16] Jump fwd, Hip rolls, Jump back, Hip rolls

- | | |
|-------|-------------|
| 1 | Jump fwd |
| 2,3,4 | Shake hips |
| 5 | Jump back |
| 6,7,8 | Shake hips |
| 9 | Jump fwd |
| 10 | Shake hips |
| 11 | Jump back |
| 12 | Shake hips |
| 13 | Jump fwd |
| 14 | Jump back |
| 15-16 | Snap fan 2x |

[17-24] ¼ Turns, Triple Step

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|-------|--|
| 17-18 | Keeping body fwd, ¼ turn R while stepping R, Bring L to R (ending forward) |
| 19&20 | Triple Step R, L, R, (ending forward) |
| 21-22 | ¼ turn L while stepping L, Bring R to L |
| 23&24 | Triple Step L, R, L (ending forward) |

[25-32] Rock Recover, Cha-cha (L, R)

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|-------|--|
| 25-26 | Weight on L, Rock R across L, Recover L |
| 27&28 | Cha-cha in place R, L, R |
| 29-30 | Weight on R, Rock L across from R, Recover R |
| 31&32 | Cha-cha in place L, R, L |

[33-40] Fwd kicks, Hip Bumps

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|-------|---|
| 33-34 | Weight on L, Kick fwd R, L, Recover L |
| 35&36 | Weight on L, Tap fwd R, hip bump, Recover R |
| 37&38 | Kick fwd L, R, Recover R |
| 39&40 | Weight on R, Tap L fwd hip bump, Recover L |

[41-48] Shuffle fwd, ½ Pivot Turns

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|-------|----------------------------|
| 41&42 | Weight on L, Shuffle fwd R |
| 43&44 | Step fwd L, ½ pivot turn |
| 45&45 | Weight on R, Shuffle fwd L |
| 47&48 | Step fwd R, ½ pivot turn |

[49-56] Alternating Fwd and side kicks

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|-------|--|
| 49&50 | Weight on L, Kick fwd R, Recover R, Kick fwd L, Recover L |
| 51&52 | Kick out to side R, Recover R, Kick out L, Recover L |
| 53&56 | Weight on L, Kick fwd R, Recover R, Kick fwd L, Recover L |
| 57&58 | Kick out to the side R, Recover R, Kick out to side L, Recover L |

[57-64] Hip rolls into a ¼ Turn

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|-------|-------------------|
| 57-60 | 1/8th Paddle turn |
|-------|-------------------|

61-64

1/8th Paddle turn

Note: Wall 5 has 2 Tags

Wall 5: 1st Tag: After count 16, add two additional beats and continue dance

1-2 Keeping body fwd, $\frac{1}{4}$ turn R while stepping R, Bring L to R (ending forward)

Wall 5: 2nd Tag: Replace 49-56 with only two kicks forward and continue dance

1-2 Kick Fwd R, L
