

Get on Up When You're Down

Count: 32

Wall: 4

Level: Beginner

Choreographer: Daniel Exton (UK) - July 2026

Music: Keep On Movin' - Five



Intro: 32 Counts. Start at approx 14 secs.

SEC 1 FORWARD, TOUCH, BACK, TOUCH, CHASSE, ROCK BEHIND

- 1-2 Step right forward, touch left behind right
- 3-4 Step left back, touch right in front of left
- 5&6 Step right to right side, step left next to right, step right to right side
- 7-8 Rock left behind right, recover onto right

SEC 2 ROLLING VINE, CROSS, SIDE ROCK, BEHIND, POINT

- 1-2 ¼ Left step left forward, ½ left step right back (3:00)
- 3-4 ¼ Left step left to side, cross right over left (12:00)
- 5-6 Rock left to left side, recover onto right
- 7-8 Step left behind right, point right to right side

SEC 3 CROSS, POINT, CROSS, POINT, JAZZBOX ¼

- 1-2 Cross right over left, point left to left side
- 3-4 Cross left over right, point right to right side
- 5-6 Cross right over left, step left back
- 7-8 ¼ Right step right to right side, step left next to right (3:00)

SEC 4 WALK X3, KICK, BACK X3, TOUCH

- 1-2 Walk forward right, walk forward left
- 3-4 Walk forward right, kick left forward
- 5-6 Walk back left, walk back right
- 7-8 Walk back left, touch right next to left

Tag At the end of Walls 3 and 6

VINE, ROLLING VINE

- 1-2 Step right to side, step left behind right
 - 3-4 Step right to side, touch left next to right
 - 5-6 ¼ Left step left forward, ½ left step right back (6:00)
 - 7-8 ¼ Left step left to side, cross right over left (3:00)
-