

Get Up Offa That Thing



Choreographer: Daniel Trepát & Pim van Grootel NL (August 2009)
Type: 4 wall line dance - Funky
Level: Intermediate
Counts: 32 + 2 count tag
Music: "Get Up Offa That Thing"
by James Brown (Robot Soundtrack)
Intro: Dance starts after James Brown yell (4 counts)

Kick, close, knee points, close (repeat on L), foot in, out, in, out, in while travelling to right side

1 RF Kick forward
& RF Close next to LF
2 Push both knees out
& Knees back
3 LF Kick forward
& LF Close next to RF
4 Push both knees out
5 R heel out and L toes in
6 L heel in and R toes out
7 R heel out and L toes in
& L heel in and R toes out
8 R heel out and L toes in

Step with knee actions and hitch, running man steps

1 RF Step to side and bend your knees and push them to the outside
& Knees back in place
2 LF Hitch
3 LF Step to side and bend your knees and push them to the outside
& Knees back in place
4 RF Hitch
5 Jump (RF forward and LF back)
& Jump (RF in the middle and hitch L)
6 Jump (LF forward and RF back)
& Jump (LF in the middle and hitch R)
7 Jump (RF forward and LF back)
& Jump (RF in the middle and hitch L)
8 Jump (LF forward and RF back)
& Jump (LF in the middle and hitch R)

Step, heel, Step, heel, weight changes while stomping a ¼ turn left

1 RF Step to right side
2 LF Heel to left side and push hip back
3 LF Step to left side
4 RF Heel to right side and push hip back
5 RF Stomp to right side
& LF Recover weight
6 RF 1/8 turn left and stomp to right side
& LF Recover weight
7 RF Stomp to right side
& LF Recover weight
8 RF 1/8 turn left and stomp to right side

Toe, heel, toe, heel toe, Drag RF, camel walk

& LF Toe out
1 LF Heel out
& LF Toe out
2 LF Heel out
& LF Toe out
3 RF Start dragging towards LF
4 RF Finish dragging RF (weight stays on LF)
5 RF Step a small step forward, popping left knee forward
6 LF Step a small step forward, popping right knee forward
7 RF Step a small step forward, popping left knee forward
8 LF Step a small step forward, popping right knee forward

Start again

Tag in the 9th wall after 16 counts

1 Look back (turn head over right shoulder)
2 Look forward

Tag comes back after the 10th wall

HAVE FUN