

# The Git Up Challenge

**COPPER KNOB**  
DANCE COMPANY

**Count:** 32      **Wall:** 1      **Level:** Phrased Improver

**Choreographer:** Jackie Lincoln In Virginia – September 2019

**Music:** The Git Up by Blanco Brown



## #32 Count Intro

There are 4 Tags – Sequence = A, Tag 1, A, Tag 2, A, Tag 3, A, Tag 4, A

### A= MAIN DANCE – CUP IN LEFT HAND

#### R TWO STEP AKA MASHED POTATO

1&2                      R Toe Tap Forward Heel In (L In Place Heel In), R Heel Out (L Heel Out) Step Back  
On R Heel In (L Heel In)

#### L COWBOY BOOGIE

3-6                      L Beh, R Side, L Stamp In Place, L Stomp To Left

#### R CROSS UNWIND

7-8                      R Cross Unwind Full Turn Left (Couples - He Takes Her L Hand And Spins Her  
Clockwise On Counts 5-8)

#### R HOE DOWN

1&2&3&4&              R Side Kick, Together, L Side Kick, Repeat

#### HEEL BALANCE WITH RIGHT SPRINKLE FINGERS (HAND UP AND FLUTTER YOUR FINGERS)

5-8                      Lean Forward Toes In And Knees In, Lean Back And Balance On Heels, Sprinkle  
Fingers, Step Down

#### L VINE ¼ TURN LEFT,

1-4                      L Side, R Beh, L Side, ¼ Left R Forward And Dip Down (Facing 9:00)

#### L BACK IT UP, HALF TURN AND SIP

5-8                      L Back, R Back, Start Sipping ¼ Left L Side, ¼ Left R Together (Facing 3:00)

#### L BACK WITH HIPS (LEAN BACK AND ROCK HIPS)

1-4                      Keep Sipping, L Back, R Back Stop Sipping, L Back, R Back

#### L FORWARD (LEAN BACK AND ROCK HIPS)

5-8                      L Forward, R Forward, L Forward, ¼ Left R Side (Facing 12:00)

## Tag 1 - 32 Count

### L R Grape Vines

1-8                      L Side, R Beh, L Side, R Touch, R Side, L Beh, R Side, L Touch

### L Hand Raise (While Swaying L R L R)

1-4                      Put Cup In Right Hand, Raise L Hand In The Air

### L Hand On L Side (While Swaying L R L R)

5-8                      Lower L Hand, Put L Hand On Your L Side/Hip

### Shoulder Rolls

1-6                      Bend At The Hip And Roll Shoulders, Bend Back Up While Rolling Shoulders

### R Slip And Slide Step

7-8                      R Side, Draw L Toe In

### R His Favorite Part - Hip Bumps

&1&2 3&4              L Side, R Side Hip Bump Out In Out, L Side Hip Bump Out In Out

## **R Behind Side And R L Sways**

5-8 R Behind, L Side, R Sway, L Sway

## **Tag 2 - 32 Count**

### **L R Slip And Slides**

1-4 L Side, Draw R Toe In, R Side, Draw L Toe In

### **L Sways And Fan - Cool Down Have A Good Time (While Swaying L R L R)**

5-8 Fan Your Face With R Hand

### **L R Slip And Slides**

1-4 L Side, Draw R Toe In, R Side, Draw L Toe In

### **L Step And Butterfly**

5-8 L Side While Bringing Toes And Knees In, Toes And Knees Out, Toes And Knees In, Toes And Knees Out

## **L Round And Round Full Circle – Ball Changes**

&1&2&3&4 While Turning A Half Circle L Forward, R Together, Repeat 3 Times (6:00)

&5&6&7&8 While Turning A Half Circle L Forward, R Together, Repeat 3 Times (12:00)

## **L Side Sways And Dip Down (While Bending Knees And Go Low)**

1-6 L Sway, R Sway, L Sway, R Sway

### **Toes Heels Toes In (While Rising)**

7&8 Toes In, Heels In, Toes In

## **Tag 3 - 32 Count**

### **L Vine Crosses Step Together (While Bending Knees And Go Low)**

1-8 L Side, R Behind, L Side, R Behind, L Side, R Together, L Side R Touch

### **R Vine Crosses (While Rising)**

1-8 R Side, L Cross, R Side, L Cross, R Side, L Behind, R Side, L Behind

## **R Forward Down Criss Cross (While Bending Knees And Go Low)**

1-4 R Forward, L Step Next To R Shoulder Width, Knees In, Knees Out While Crossing Hands Over Knees

### **R Forward Up Criss Cross (While Rising)**

1-4 R Forward, L Step Next To R Shoulder Width, Knees In, Knees Out While Crossing Hands Over Hips

## **R Do Whatever You Want Here - Or Try Apple Jacks - Easy Alternative = R L Toe Fans For 8 Counts**

1-2 Put Weight On Ball Of L Foot And Heel Of R Foot, Swivel L Heel In And R Toe Out, Return To Center

3-4 Put Weight On L Heel And R Ball, Swivel L Toe Out And R Heel In, Return To Center

5-8 Repeat Above

## **Tag 4 - 32 Count**

### **“That Was No So Bad” - Do Whatever You Want Here - Or Try This**

#### **R L Toe Scuff Stomps Forward**

&1&2 Step L, Touch R Toe Beside Left Bringing Your R Knee In, Scuff The R Foot Forward, Stomp R Foot Forward

3&4 Touch L Toe Beside Right Bringing Your L Knee In, Scuff The L Foot Forward, Stomp L Foot Forward

5&6 7&8 Repeat Steps 1-4 Above

## **R L Slip And Slide Steps Backwards**

1-4 R Diagonally Back, L Foot Draw Beside R, L Diagonally Back, R Foot Draw Beside L  
5-8 Repeat Above

**R ½ Monterey Turns**

1-4 R Toe To R, On Ball Of L Make ½ Turn Over R Shoulder And Step On R, L Toe To L, Step On L

5-8 Repeat Above

**R L Step Together (While Shimmying Your Shoulders)**

1-4 R Side, L Together, R Side, L Touch

5-8 L Side, R Together, L Side, R Touch

**Prepared By Jackie Lincoln In Virginia – I Tried To Simplify The Steps...Enjoy!**  
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