

TIME TO GET UP

Choreographed by Guyton Mundy (USA)

Type : 32 count, 4 wall, Funky

Level : Novice

Music : 'It's A Party' by Tamia (96 BPM)

Official UCWDC competition dance description

Date of usage 27 July 2005

1-8: KICK BALL STEP, 1/4 TURN SAILOR, WEAVE, 3/4 TURN, WEAVE

1 RF Kick forward

& RF Step next to LF

2 LF Step forward, 1/4 turn to the right (face 3:00)

3 RF Step behind LF

& LF Step to the left

4 RF Step to the right

5 LF Step behind RF

& RF Step to the right

6 Make 3/4 turn to the right on RF (face 12:00)

7 LF Step to the left

& RF Step behind LF

8 LF Step to the left

9-16: HEEL TOUCH (with fist slap), 1/4 TURN, HIP BUMPS, KICK BALL TOUCH BEHIND, 1/2 TURN

1 RF Touch Right heel to the left, right hand completing a clockwise circle, bringing left hand out in front and slapping the palm of left hand with your right fist as you complete the circle

2 RF Step to the right , turn body to face 9:00

3 Bump hips forward

& Bump hips back

4 Bump hips forward putting weight on LF

5 RF Kick forward (9:00)

& RF Step next to LF

6 LF Touch behind RF

7-8 Weight on Right heel, make 1/2 turn to the left (face 3:00)

17-24: JUMP OUT, SHOULDER ROCKS, SAILOR, SYNCOPATED JAZZ WITH 1/2 TURN, SCUFF 1/2 TURN, TOUCH

1 Jump slightly ending feet shoulder width apart

& Bend Right knee and rock right shoulder to the right

2 Bend Left knee and rock left shoulder to the left

3 RF Step behind LF

& LF Step together

4 RF Step forward (3:00)

5 LF Cross in front of RF

& RF Step back, 1/2 turn to the left

6 LF Step forward (9:00)

7 RF Scuff forward making 1/2 turn to the left (face 3:00)

& RF Step back

8 LF Touch beside to RF

25-32: WALKS, TRIPLE STEP, SYNCOPATED JAZZ, 1/2 TURN FLICK, TRIPLE STEP

1 LF Step forward (3:00)

2 RF Step forward

3 LF Step forward

& RF Step forward

4 LF Step forward

5 RF Cross in front of LF
& LF Step back
6 RF Step to the right
7 Make 1/2 turn to the right on RF while flicking LF back
& LF Step forward (9:00)
8 RF Step forward
& LF Step forward