



Get A Grip

48 count, 2 wall, intermediate/advanced level

Choreographer: Neville Fitzgerald

Choreographed to: "You Make Me Sick" by Pink, CD "Can't Take Me Home"

start on vocals

Section 1 Side, Rock & Point Hitch Cross, & Side, Cross, Back Cross Back.

- 1-2& Step Left to Left side, rock Right behind Left, recover on Left.
- 3&4 Point Right to Right side, hitch Right knee to Right diagonal, cross step Right over Left.
- &5-6 Step back on Left, step Right to Right side, cross step Left over Right.
- 7&8 Step back on Right, cross/lock Left over Right, step back on Right. (12:00)

Section 2 1/4 Turn, Side, Rock & Side, Sailor 1/4 Turn, Diagonal Coaster Step, Tap, Tap, Step.

- &1 Make 1/4 turn to Left stepping forward on Left, step Right to Right side. (9:00)
- 2&3 Cross rock Left behind Right, recover on Right, step Left to Left side.
- 4&5 Cross step Right behind Left, 1/4 turn to Left stepping forward on Left, step Right to Right side. (6:00)
- 6&7 Turn 1/8th to Left stepping back on Left, step right next to Left, step forward on Left. (4:30)
- &8& Tap Right toe next to Left heel, tap Right toe next to Left heel, back on Right.

Section 3 Cross, Back, Side, Cross Step Cross, 1/4, 1/2, 1/4 Rock &.

- 1-2 Cross/Lock Left over Right, step back on Right.
- 3 Make 1/8th turn Left stepping Left to Left side. (3:00)
- 4&5 Cross step Right over Left, step Left to Left side, cross step Right over Left.
- 6-7 Make 1/4 turn to Right stepping back on Left, 1/2 turn to Right stepping forward on Right. (12:00)
- 8& Make 1/4 turn to Right rocking Left to Left side, recover on Right. (3:00)

Section 4 Cross, 1/4 Turn, Back, Cross Back Cross, Back, Back, Cross, Side, Back, Cross.

- 1-2 Cross step Left over Right, make 1/4 turn Left stepping back on Right. (12:00)
- 3 Step back on Left facing slightly diagonal Left. (11:00)
- 4&5 Cross step Right over Left, step back on Left, cross step Right over Left. (travel diag' Left/Back)
- &6& Step back on Left, step back on Right to Right diagonal, cross Left over Right. (1:00)
- 7&8 Step Right to Right side, step back on Left to Left diagonal, cross step Right over Left. (11:00)

Section 5 & 1/4 Flick, Walk, Walk, Mambo Step, Touch, 1/4 Sit, Kick &.

- &1 Tap Left toe next to Right, make 1/4 turn to Right as you flick Left behind. (3:00)
- 2-3 Walk forward Left-Right.
- 4&5 Rock forward on Left, recover on Right, step back on Left.
- 6-7 Touch Right toe back, make 1/4 turn to Right sitting weight on Left. (6:00)
- 8& Kick Right to Right diagonal, step Right to Right side.

Section 6 Cross Dip, Side Cross Dip, Hitch, Behind & Cross, 1/4, 1/2, 1/4.

- 1-2 Cross step Left over Right as you dip bending knees, step Right to side as you rise up.
- 3-4 Cross step Left over Right as you dip bending knees, hitch Right knee into Right diagonal corner as you rise up.
- 5&6 Cross step Right behind Left, step Left to Left side, cross step Right over Left.
- 7-8 Make 1/4 turn to Right stepping back on Left, 1/2 turn to Right stepping forward on Right. (3:00)
- & On ball of Right make 1/4 turn to Right. (6:00)

Quelle:

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