

# Get Up Offa That Thing

Choreographer: Daniel Trepát & Pim van Grootel (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 9<sup>th</sup> wall after 16 counts**

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

## **Tag comes back after the 10<sup>th</sup> wall**

HAVE FUN