

Get Up & Smile

Choreographer: Séverine Fillion

Level: Intermediate

Count: 32

Wall: 2

Intro: 16 counts

Music: "Smile" by Sidewalk Prophets



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[1-8] SIDE ROCK & SIDE ROCK, CROSS SHUFFLE, 3/4 TURN LEFT

- 1-2 Rock step right to right side, recover on left
- & Right next to left
- 3-4 Rock step left to left side, recover on right
- 5&6 Left cross over right, right to right, left cross over right
- 7-8 1/4 turn left stepping right back, 1/2 turn left stepping left fwd 3:00

*** RESTART N° 1 on wall 3 (start at 12:00 after an extra 1/4 turn left)**

[9-16] ROCK FWD, TRIPLE BACK, 1/2 TURN & TRIPLE FWD, SCISSOR 1/4 TURN

- 1-2 Rock step right fwd, recover on left
- 3&4 Triple step right – left – right backward
- 5&6 1/2 turn left and Triple step left – right – left fwd 9:00
- 7&8 1/4 turn left and right to right, left next to right, right cross over left 6:00

[17-24] SIDE STOMP, HOLD, SAILOR STEP, SIDE STOMP, HOLD, SAILOR STEP

- 1-2 Stomp left to left side, Hold
- 3&4 Right cross behind left, left to left, right to right
- 5-6 Stomp left to left side, Hold
- 7&8 Right cross behind left, left to left, right to right

*** RESTART N° 2 on wall 7 (with a Touch right on count 8)**

[25-32] STEP FWD, 1/2 TURN & HOOK, KICK BALL CHANGE, HEEL & TOE SWITCHES 1/2 T

- 1-2 Left step fwd, Turn 1/2 right with right Hook cross over left leg 12:00
- 3&4 Kick right fwd, right next to left, left step in place
- 5&6 Touch right heel fwd, recover on right next to left, Touch left toe back
- &7 1/4 turn left stepping left next to right, Touch right toe back
- &8& 1/4 turn left stepping right next to left, Touch left heel fwd, recover on left next to right 6:00

Repeat

TAG (4 counts) ROCKING CHAIR : At the end of wall 2 at 12:00

Rock step right fwd, recover on left, Rock step right back, recover on left

RESTARTS :

N°1 : After 8 counts on wall 3 at 12:00 (+ Extra 1/4 turn left)

N°2 : After 24 counts on wall 7 at 12:00