

# Make You Move

Choreographed by Scott Blevins (May 2016)

144 count Phrased High Intermediate line dance.

Choreographed to "Get Up - SB Mix" by Vernon Burch (very hard to find but will be available)

32 count intro to start on lyrics

## Sequence:

Front wall all 144 counts, back wall all 144 counts, front wall 65-144,  
back wall 113-144, side wall 113-144, end facing front wall.



### 1-8 HIP CIRCLE, BUMP, ¼ RIGHT, ½ RIGHT, SIDE ROCK WITH ¼ TURN, RECOVER, CROSS, BIG STEP, DRAG

- 1) Step R to right circling hips anti-clockwise from back to front  
2) Touch L toward left diagonal and bump to left  
3-4) 3) Turn ¼ right stepping L back [3:00]; 4) Turn ½ right stepping R forward [9:00]  
5&6) 5) Turn ¼ right rocking L to left [12:00]; &) Recover to R; 6) Step L across R  
7-8) 7) Step R a big step right; 8) Drag L toward R

### 9-16 BALL CROSS, ¼ LEFT, STEP FWD, ¼ PIVOT, CROSS TRIPLE, ¼ RIGHT, ¼ RIGHT

- &1-2) &) Step ball of L beside R heel; 1) Step R across L; 2) Turn ¼ left stepping L forward [9:00]  
3-4) 3) Step R Forward; 4) Turn ¼ left taking weight on L [6:00]  
5&6) 5) Step R across L; &) Step L to left; 6) Step R across L  
7-8) 7) Turn ¼ right stepping L back [9:00]; 8) Turn ¼ right stepping R forward [12:00]

### 17-24 ROCK, RECOVER, BALL, ROCK, RECOVER, BALL, STEP, ½ PIVOT RIGHT, STEP, ½ PIVOT RIGHT

- 1-2& 1) Rock L forward in front of R pushing chest fwd; 2) Recover to R; &) Step ball of L beside R  
3-4& 3) Rock R forward in front of L pushing chest fwd; 4) Recover to L; &) Step ball of R beside L  
5-6) 5) Step L fwd; 6) Turn ½ right taking weight on R [6:00]  
7-8) 7) Step L fwd; 8) Turn ½ right taking weight on R [12:00]

### 25-32 SNAKE LEFT, SNAKE RIGHT, STEP LEFT, SWEEP, BEHIND, SIDE, FORWARD

- 1-2) 1) Begin a snake body roll to left as you step L to left; 2) Complete snake touching R beside L  
3-4) 3) Begin a snake body roll to right as you step R to right; 4) Complete snake touching L beside R  
5-6) 5) Step L to left; 6) Step R behind L and sweep L to left and back  
7&8) 7) Step L behind R; &) Step R to right; 8) Step L forward

### 33-40 TRIPLE FORWARD, ROCK, RECOVER, ½ TURN LEFT, TRIPLE FORWARD, ROCK, RECOVER

- 1&2,3,4) 1) Step R fwd; &) Step ball of L to R; 2) Step R fwd; 3) Rock L forward; 4) Recover to R  
&5&6) &) Turn ½ left on R [6:00]; 5) Step L fwd; &) Step ball of R to L; 6) Step L fwd  
7-8) 7) Rock R forward; 8) Recover to L

### 41-48 ½ RIGHT, STEP, CROSS, STEP RIGHT, SWEEP, BEHIND, ¼ LEFT, FORWARD, WALK, WALK

- a1-2) a) Turn ½ right [12:00]; 1) Step down on R as you bring L up to R calf; 2) Step L across R  
3-4) 3) Step R to right; 4) Step L behind R and sweep R to right and back  
5&6) 5) Step R behind L; &) Turn ¼ left stepping L forward [9:00]; 6) Step R forward  
7-8) 7-8) Walk L, R

### 49-56 ¼ RIGHT C BUMP, FULL TURN RIGHT, STEP LEFT, AND POINT, AND POINT, CROSS, ANGLE, TOGETHER

- 1&2) 1) Turn ¼ right bumping L hip up and to the left [12:00]; &) Step down on L bumping hips to center and right;  
2) Bump L hip down to left side ending in a sit position with weight on L  
3& 3) Turn ¼ right stepping forward on R; &) Turn ¾ right on R (**Note:** 3& is a full turn done on the spot)  
4) 4) Step L a small step to left  
5&5&6) &) Step R beside L; 5) Point L to left; &) Step L beside R; 6) Point R to right  
7&8) 7) Step R across L; &) Step L to left angling body to face 1:00; 8) Step R beside L pushing hips back [1:00]

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**57-64 WALK, WALK, WALK, WALK, WALK, WALK, CROSS TRIPLE**

1,2,3,4,5,6 Making a 7/8<sup>th</sup> turn to the right, walk forward L-R-L-R-L-R clockwise from 1:00 to 12:00  
7&8 7) Step L across R; &) Step R to right; 8) Step L across R

**65-72 MAMBO SIDE RIGHT, MAMBO SIDE LEFT, CHASE TURN, ½ RIGHT, ½ RIGHT**

1&2 1) Rock R to right; &) Recover to L; 2) Step R beside L  
3&4 3) Rock L to left; &) Recover to R; 4) Step L beside R  
5&6 5) Step R forward; &) Turn ½ left taking weight on L [6:00]; 6) Step R forward  
7-8 7) Turn ½ right stepping L back [12:00]; 8) Turn ½ right stepping R forward [6:00]

**73-80 HOP FWD and REACH, HOLD, HOP BACK and BEND, HOLD, BUMP 3X, CLOSE WITH CLAP**

&1-2 &) Step L a small step fwd; 1) Step R beside L as you reach R hand as high as you can pointing to the sky; 2) Hold  
&3-4 &) Step L a small step back; 3) Step R beside L, keeping knees locked bend fwd from the waist up and point R hand toward the floor; 4) Hold  
5,6,7 5-6-7) Unbend from waist up as you step R to right and bump hips 3X  
**Note:** On counts 5-7 feet should be a shoulder's width apart, with weight evenly over both feet and knees bent.  
8 8) Straighten knees as you transfer weight to L touching R beside L and clap hands

**81-96 REPEAT COUNTS 65- 80 (facing 12:00 after count 88)**

**97-104 SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, BEHIND, SIDE, FORWARD**

1,2,3&4 1) Rock R to right, 2) Recover to L; 3) Step R behind L; &) Step L to left; 4) Step R across L  
5,6,7&8 5) Rock L to left, 6) Recover to R; 7) Step L behind R; &) Step R to right; 8) Step L forward

**105-112 STEP, ½ PIVOT LEFT, TRIPLE FORWARD, STEP, ½ PIVOT RIGHT, ¼ TURN RIGHT, POINT WITH LOOK**

1,2,3&4 1) Step R forward; 2) Turn ½ left taking weight L [6:00]; 3) Step R fwd; &) Step ball of L to R; 4) Step R fwd  
5-6-7 5) Step L forward; 6) Turn ½ right taking weight on R [12:00]; 7) Turn ¼ right stepping L to left [3:00]  
8 8) With L knee slightly bent, rotate body left from waist up as you look and point R hand to left while pointing R foot to right [3:00]

**113-120 ROLLING VINE RIGHT, TOUCH, LEFT, BEHIND, ¼ LEFT, STEP FORWARD**

1,2,3,4 1) Turn ¼ right stepping R fwd; 2) Turn ¼ right stepping L to left; 3) Turn ½ right stepping R to right; 4) Touch L  
5,6,7,8 5) Step L to left; 6) Step R behind L; 7) Turn ¼ left stepping L forward [12:00]; 8) Step R forward  
**Note:** For style, add popping the free knee - 5) Pop R knee; 6) Pop L knee; 7) Pop R knee; 8) Pop L knee

**121-128 STEP, ¼ PIVOT, CROSS TRIPLE, STEP, ½ PIVOT, CROSS, STEP BACK**

1,2,3&4 1) Step L fwd; 2) Turn ¼ right taking weight on R [3:00]; 3) Step L across R; &) Step R to right; 4) Step L across R  
5,6,7,8 5) Step R forward; 6) Turn ½ left taking weight on L [9:00]; 7) Step R across L; 8) Step L back

**129-136 PUSH STEP, PUSH STEP, PUSH STEP, TOUCH, ROLLING VINE LEFT WITH ¼ TURN LEFT, STEP FWD**

a1a2a3 a) Push off ball of L; 1) Step (land on) R to right extending L to left; a) Step ball of L beside R; 2) Pushing off ball of L, step (land on) R to right extending L to left; a) Step ball of L beside R; 3) Pushing off ball of L, step (land on) R to right extending L to left  
4 4) Touch L beside R  
5,6,7,8 5) Turn ¼ left stepping L fwd; 6) Turn ½ left stepping R back; 7) Turn ½ left stepping L fwd; 8) Step R fwd [6:00]

**137-144 ROCK, RECOVER, COASTER STEP, CROSS, BACK, SIDE, CROSS**

1,2,3&4 1) Rock L forward; 2) Recover to R; 3) Step L back; &) Step R beside L; 4) Step L forward  
5,6,7,8 5) Cross R over L; 6) Step L back; 7) Step R to right; 8) Step L across R

Enjoy!