

Get Up on Ya Feet

Music By: Aaron Carter



From the Disney CD *Kim Possible*

CD ASIN: B0000A59ZB

Track Time: 3:18

Choreo by: Stacy McWethy, CCI

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Intermediate Line Dance

Wait 16 Beats and Start with Your Left Foot

Sequence: **A - B - C - A - B - C - A - BREAK - C - A - A**

Part A (32 beats)

Up On Ya Feet, Fancy Double

Hop - Hop - Hop/Lift - DS - RS - DS - DS - RS - RS
Both Both L/R R LR L R LR LR

High & Low, Fancy Double (Over the Log)

S - S (wave hands high) - S - S (wave hands low) - DS - DS - RS - RS
L R L R L R L R LR LR

Raise the Roof

DS - DS - RS (if) (hands up) - RS (if) (hands up) - RS (ib) - DS - DS - RS
L R LR LR LR L R LR

Yippee - Yo, Fancy Double

S - RS (ots) (lasso overhead) - S - RS (ots) (lasso overhead) - DS - DS - RS - RS
L RL R LR L R LR LR

Part B (32 beats)

Run & Bounce

DS - S - S - S - S/H - Hop - Hop - Hop/H - Hop - Hop/H - Hop - Hop/H - Hop - Hop/Lift
L R L R L/R Both Both R/L Both L/R Both R/L Both L/R

Push Off

DS - RS - RS - RS (Turn ½ Right)
R LR LR LR

2 Kick Basics

K - S - RS - K - S - RS
L L RL R R LR

Repeat Footwork to Face the Front

Part C (16 beats)

Triple Kick

DS - DS - DS - K/SL (moving forward)
L R L R/L

Basic Double Kick

DS - RS - K/SL - K/SL
R LR L/R L/R

Triple

DS - DS - DS - RS (backing up)
L R L RL

Fire It Up!

Hop - Hop - Clap - Clap (Do a fist pump on the Hops)
Both Both

Break (48 beats)

Jazz Box & Touches

S - S (xif) - S (ib) - S (ots) - S - Tch - S - Tch, S - S (xif) - S (ib) - S (ots) - S - Tch - S - Tch
L R L R L R R L L R L R L R R L

3 Rocking Chairs (turning)

DS - K/SL - DS - RS (¾ left), DS - K/SL - DS - RS (½ left), DS - K/SL - DS - RS (¼ left)
L R/L R LR L R/L R LR L R/L R LR

There It Is

Hop - Point to something far away - Cross your arms - Hold the pose

Repeat Rocking Chairs & There It Is to Face the Front

Key

S - Step
RS - Rock Step
if - in front

H - Heel
SL - Slide
xif - cross in front

K - Kick
Tch - Touch
ib - in back

DS - Double Step
ots - out to the side

L - Left

R - Right