

Get Back Up Again

Wait: 8ct Facing the Back with Hands on Hips

PART	COUNTS	FOOT	STEP	SPECIAL INSTRUCTIONS
Intro	4 cts	B	Out Cross Turn Clap	
	4 cts	L	Fancy Double	
A	8 cts	L	2 Step Vines w/Hand Points up to High "V"	Point R arm 1st/L arm 2nd
	8 cts	L	2 Stomp Triples	
	16 cts	L	2 Grapevines	
B	8 cts	L	4 Basics	
	8 cts	L	Shrek Walk	
	8 cts	R	2 Heel Toe Steps	
	8 cts	R	Shrek Walk	
C	8 cts	L	2 Turkeys	
	8 cts	L	2 Triples	
END	4 cts	B	Fists Pound Knees 2x + 1 Clap (2x in row)	
	5 cts	B	Out-Cross-Turn-Knees-Jump Up-Fall to Ground	Jazz Hands Shoot Up on Jump
SEQUENCE: INTRO - A - B - C - END				

Music Credits:

Song Title: "Get Back Up Again"

Artist: "Anna Kendrick"

Album: "Trolls (Original Motion Picture Soundtrack)"