



Approved by:



Get A Grip...

2 WALL - 48 COUNTS - INTERMEDIATE/ADVANCED

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 - 2 & 3 & 4 & 5 - 6 7 & 8	Side, Back Rock, Point Hitch Cross, & Side, Cross, Back Cross Back Step left to left side. Rock right behind left. Recover onto right. Point right to right side. Hitch right knee. Cross right over left. Step left back. Step right to right side. Cross left over right. Step right back. Cross left over right. Step right back.	Side Back Rock Point Hitch Cross & Side Cross Back Cross Back	Left Right Back
Section 2 & 1 2 & 3 4 & 5 6 & 7 & 8 &	1/4, Side, Back Rock, Step, Sailor 1/4, Diagonal Coaster, Tap x 2, Step Make 1/4 turn left stepping left forward. Step right to side. (9:00) Cross rock left behind right. Recover onto right. Step left to left side. Cross right behind left. Turn 1/4 left stepping left forward. Step right to side. Turn 1/8 left stepping left back. Step right beside left. Step left forward. Tap right toe beside left heel twice. Step right back.	Turn Side Back Rock Step Behind Turn Side Coaster Turn Tap Tap Back	Turning left Back Turning left Back
Section 3 1 - 2 3 4 & 5 6 - 7 8 &	Cross, Back, Side 1/8, Cross Shuffle, 1/4 Right, 1/2 Right, 1/4 Rock Right Cross left over right. Step right back. Make 1/8 turn left stepping left to left side. (3:00) Cross right over left. Step left to side. Cross right over left. Turn 1/4 right stepping left back. Turn 1/2 right stepping right forward. Turn 1/4 right rocking left to left side. Recover onto right. (3:00)	Cross Back Side Cross Shuffle Turn Turn Rock Turn	Back Turning left Left Turning right
Section 4 1 - 2 3 4 & 5 Note & 6 & 7 & 8	Cross, 1/4, Back, Cross Back Cross, Back x 2, Cross, Side, Back, Cross Cross left over right. Make 1/4 turn left stepping right back. Step left back facing slightly diagonally left. (11:00) Cross right over left. Step left back. Cross right over left. Note 4 & 5: danced travelling diagonally left back. Step left back. Step right back to right diagonal. Cross left over right. Step right to side. Step left back to left diagonal. Cross right over left.	Cross Turn Back Cross Back Cross Back Back Cross Side Back Cross	Turning left Back Back
Section 5 & 1 2 - 3 4 & 5 6 - 7 8 &	Tap, 1/4 Flick, Walk x 2, Mambo Step, Touch, 1/4 Sit, Kick, Side Tap left toe beside right. Make 1/4 turn right flicking left behind. (3:00) Walk forward left. Walk forward right. Rock left forward. Recover onto right. Step left back. Touch right toe back. Make 1/4 turn right sitting weight on left. (6:00) Kick right to right diagonal. Step right to right side.	Tap Turn Walk Walk Mambo Step Touch Turn Kick Side	Turning right Forward Back Turning right Right
Section 6 1 - 2 3 4 5 & 6 7 8 &	Cross Dip, Side Cross Dip, Hitch, Behind Side Cross, 1/4, 1/2, 1/4 Cross left over right dipping/bending knees. Step right to side rising up. Cross left over right dipping/bending knees. Hitch right knee into right diagonal corner, rising up. Cross right behind left. Step left to side. Cross right over left. Make 1/4 turn right stepping left back. Make 1/2 turn right stepping right forward. On ball of right turn 1/4 right.	Cross Side Cross Hitch Behind Side Cross Turn Turn Turn	Right Left Turning right

Choreographed by: Neville Fitzgerald (UK) August 2006

Choreographed to: 'You Make Me Sick' by Pink (96 bpm) from CD Can't Take Me Home (start on vocals)

Music Suggestion: 'Get It Poppin' by Fat Joe featuring Nelly (96 bpm);
 'Good Old Days by Shannon Brown from Corn Fed album (100 bpm).



A video clip of this dance is available to members at www.linedancermagazine.com