

Get up! (Liegen ist Frieden) Ts II+2 (Figure 8, Pivot)

Music: Liegen ist Frieden; Artist: Elen, 3:24, speed up a little for comfort approx. 103%; Album: Blind über Rot; Degree of difficulty: average; Choreo: Gabriele Langer (2020-06-23 7:35)

Sequence: Intr AB Interl AB Bmod C Bridge B(1-8) Endg --- for a shorter version stop dance and music after Part C (2:53)

Intro (Wait 2);; Apt Pt; Tog Tch; Traveling Box - (w/ 1 Twirl);;;

(L Op Fcg)

Part A 2 Fwd Twos - (fc);; 2 Trng Twos - (PU);; Prog Sciss (Scar); Wk out 2; Prog Sciss (Bjo); Wk & Fc;
(Scp) Half Box Fwd; Scissor Thru; 2 Fwd Twos - (CP);; Travelling Box - (w/ 1 Twirl);;;

Part B 1 Fwd Twostep; Wk 2; 1 Fwd Twostep; Wk 2; Circle away 2 Twos;; Strut Tog 4;;
(Scp) start BB Trn Half* (fc RLOD); Dbl Hitch;; finish BB Trn* (Half fc LOD); Dbl Hitch;; Op Vine 4;;

Interl Fc to Fc; Bk to Bk; Lace Across; Fwd Twostep; Figure 8** (circ awy&tog - pass R shldr - circ awy& tog - (Scp LOD));;

Repeat AB (2 Fwd Twos...)

Part Bmod Laceup;;; Circle away 2 Twos;; Strut tog 4;; BB Trn;; Dbl Hitch;; Laceup;;;

(Scp)

Part C Twirl 2; Wk 2; Op Vine 4 - (to Manuver);; Pivot 2; Twirl 2 (Scp); Wk 2; qk Fwd Cl & Pt sd (LOD);

Bridge Freeze & Hold;

(Scp)

Part B1-8 1 Fwd Twostep; Wk 2; 1 Fwd Twostep; Wk 2; Circle away 2 Twos;; Strut Tog 4;;

Endg BB Trn;; Dbl Hitch;; Wk & Fc (CP); Broken Box - (3 quarters);; & qk dip Bk;

(Bfly)

* could also be cued **Charge Turn in** and **Charge turn out** if this term is familiar to your dancers

** Figure starts in L OP both facing LOD, lead feet free

Woman starts turning LF away from man towards COH, Man starts turning RF away from woman towards Wall, figure ends in Scp both facing LOD

This song is about the two conflicting voices in the morning - one that says: get up, go out, brush teeth, get ready, use the day and get productive and the other voice that says I don't want to, i want to stay in bed, there it is peaceful and safe.

Liegen ist Frieden = laying in bed is peace