Get Up

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Seth Lilly
Music: Get Up - Ciara : (Album: Step Up Soundtrack)

32 Count Intro. Start on Vocals

1-8	**Rock right, recover left, step together, rock left, recover right, sailor ¼, sailor ¼**
1-2	Rock to right side pushing right shoulder out, recover on left pushing left shoulder out
&3	Step right next to left, rock to left side
4	Recover on right
5&6	Left sailor step ¼ right (Facing 3:00)
7&8	Right sailor step ¼ right (6:00)
9-16	**Step lock step, hitch, step together step, sailor ¼, step forward, drag step**
1&2	Step lock step to left diagonal
&3&4	Hitch right next to left, step right to right side, step left next to right, step right out
5&6	Left sailor step ¼ left (3:00)
7-8	Step right forward, drag left and step next to right
17-24	**Bounce right (x2), bounce left (x2), rock recover step ¼, cross, point**
1-4	Bounce right shoulder to the right twice, the left shoulder left twice
5&6	Rock forward on right, recover on left, turn ¼ right stepping on right (6:00)
7-8	Cross left over right, point right to right side
25-32	**Step, touch, step, touch, turn ¼, step, look right, look front**
1-2	Step on right, touch left next to right
3-4	Step left out to left, touch right next to left
5-6	Turn ¼ to the right stepping on right, step left next to right (9:00)
7-8	Turn head to the right, turn head back to the front
33-40	**Heel & heel, & step lock step, step forward, coaster ½, step forward**
1&2	Touch right heel forward, step right next to left, touch left heel forward
&3&4	Step left next to right, step lock step to right diagonal
5	Step left forward
6&7	Coaster ½ turning right (3:00)
8	Step left forward
41-48	**Rock, recover, cross, step back, step ¼, cross, step ¼, step together**
1-2	Rock to right side, recover on left
3-4	Cross right over left, step back on left
5-6	Turn ¼ right stepping on right, cross left over right (6:00)
7-8	Turn ¼ right stepping on right, step left next to right (9:00) **(All Restarts occur here)**
49-56	**Rock recover, sailor ¼, cross step cross, step lock step**
1-2	Rock forward on right, recover on left
3&4	Right sailor step turning ¼ right (12:00)
5&6	Cross left over right, step right to right, cross left over right (all moving to right diagonal)
7&8	Step right forward, lock left behind right, step right forward
57-64	**Point, point, sailor ¼, point, turn ¼, step together, point, hold**
1-2	Point left forward, point left to left side
3&4	Left sailor step turning ¼ left (9:00)
5-6	Point right forward, turn ¼ left stepping on right (6:00)
&7	Step left next to right, point right out to right side
8	Hold

Restarts: **2nd wall, after 48 counts (Facing 3:00)**
4th wall, after 48 counts (Facing 6:00)
6th wall, after 48 counts from start of male vocals (rap) (Facing 9:00)

Note: The two walls of the dance alternate between 12:00-6:00 and 3:00-9:00 with each restart.
