

# Get Up

**COPPER KNOB**  
STEPPERS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Seth Lilly  
音乐: 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.

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