

# Get Em' Up

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Low Intermediate  
編舞者: Dancin' Dean (USA) - September 2020  
音樂: Get 'Em Up - Nickelback



**\*\*2 restarts after 16& counts on wall 5 and 8  
START ON VOCAL**

## **WALK, WALK, ROCK, RECOVER, BACK, BACK, BACK, COASTER, CROSS**

1-2            Walk Right Forward, Walk Left Forward  
3&4            Rock forward Right, Recover on Left, Step Right slightly back  
5-6            Step back Left (flat) while fanning right toe out, Step back Right (flat) while fanning left toe out  
7&8            Step back Left, Step Right to Left, Cross Left over Right to Right diagonal (1:30)

## **TAP, PRESS, RECOVER, BEHIND, SIDE, CROSS (V STEP) OUT, OUT, IN, IN**

&1-2            Tap Right next to Left, Press Right to Right Diagonal, Recover on Left (1:30)  
3&4            Step Right Behind left, turn 1/8 turn left stepping left to side, Cross Right over Left (12:00)  
5-8            Step Left out to Left Diagonal, Step out Right to Right Diagonal, Step Left In, Step Right In

## **BALL, CROSS, POINT, LEFT SAILOR, RIGHT SAILOR WITH ¼ RIGHT, ROCK FORWARD, RECOVER, BACK**

&1-2            Step ball of Left next to Right, cross Right over Left, Point Left to Left side  
3&4            Step Left behind Right, step out slightly Right, Step Left out slightly Left  
5&6            Step Right Behind Left, Step Left slight left turn 1/8 Right, Step Right Forward turn 1/8 turn Right  
7&8            Rock Forward Left, Recover Right, Step Left Slightly back

## **BALL, CROSS, POINT, BACK, SIDE ROCK, BEHIND OUT, OUT, IN, IN, SIT**

&1-2            Step ball of Right next to Left, Cross Left over Right, Point Right to side  
3&4            Step Right Behind Left, Rock Left to Left side, Recover on Right  
5 5            tep Left behind Right  
&6&7            Step out Right, step out Left, step in Right, Touch Left Toe next to Right, (travels slightly back)  
8 -            Shift weight Left (sit) bending right knee into towards left leg

**Last Update - 4 Oct. 2020-R2**