# Get Up If You Wanna Get Down （CBA4LDF） 

拍數： 64
棝數： 2
級數：Phrased Improver／Intermediate
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音樂：Get Up（If You Wanna Get Down）－Slightly Stirred

Start 16 counts after the beat kicks in－approx．11．08secs－125bpm－3mins 06secs Music Available：Amazon

And the phrasing goes like this（the execution is easier than the explanation）：
A（32 counts），A（24 counts），B（32counts），A（32counts），A（12＋Tag 1），B（32 counts），A（32 counts），Tag 2， B（32 counts），A X 4 （32 counts），（see full description for armography）

PART A（32 counts with changes）
［1－8］$R$ Charleston step，$R$ heel dig $\times 2, R$ behind／L side／$R$ cross
1－4 Step $R$ forward，low kick $L$ forward，step $L$ back，touch $R$ back
5－6 Touch $R$ heel on right diagonal，touch $R$ heel on right diagonal
7\＆8 Cross $R$ behind $L$ ，step $L$ side，cross $R$ over $L$
［9－16］L heel dig $\times 2$ ，L behind， $1 / 4 R, R$ fwd，$L$ fwd，$R$ fwd， $1 / 2 L$ pivot turn，$R$ kick ball step fwd
1－2 Touch $L$ heel on left diagonal，touch $L$ heel on left diagonal
$3 \& 4 \quad$ Cross step $L$ behind $R$ ，turning $1 / 4$ right step $R$ forward，step $L$ forward（3 o＇clock）
WALL 5 TAG：Dance first 12 counts of wall 5 to face $L$ side wall（ 9 o＇clock）．
Add the following 4 count tag：Step R forward，pivot $1 / 2$ left（3 o＇clock），step R forward，pivot $1 / 4 \mathrm{~L}$（ 12 o＇clock） and go into Part B
$\begin{array}{ll}5-6 & \text { Step } R \text { forward，pivot } 1 / 2 \text { left（9 o＇clock）} \\ 7 \& 8 & \text { Kick } R \text { forward，step } R \text { forward，step } L \text { forward }\end{array}$
［17－24］R fwd，bounce $3 X$ turning $1 / 4 L$ ，cross $R$ over $L$ ，step $L$ side，$R$ sailor heel／kick
1－4 Step $R$ forward，bounce heels 3 times turning $1 / 4$ left with weight ending on $L$（ 6 o＇clock）
5－6 Cross step $R$ over $L$ ，step $L$ side
7\＆8 Cross step R behind L，step L side，touch R heel／kick forward
WALL 2 RESTART：Complete first 24 counts to face front wall and go into Part B
［\＆25－32］$R$ back，cross $L$ over $R, R$ side，$L$ sailor step，$R / L$ heel stand，$R$ back，$L$ back
\＆1－2 Step $R$ back，cross step $L$ over $R$ ，step $R$ side
$3 \& 4 \quad$ Cross step $L$ behind $R$ ，step $R$ side，step $L$ side
5－8 Step forward weight on $R$ heel，step apart weight on $L$ heel，step $R$ back in place，step $L$ back in place
WALL 7 TAG：At the end of wall 7 you will be facing back wall，to bring yourself to front wall do the following 4 count tag and then go into part B
1－4 Cross $R$ over $L$ ，unwind $1 / 2 L$ to face front wall（weight on left）
Part B（always 32 counts）－Getting Up，Getting Down－a whole lotta explainin＇but it really is simple！
Takes you all the way around the room．
［1－8］Jump back，hold，jump back hold，R fwd，hold， $1 / 8$ L pivot turn，hold．
\＆1－2 Jump back right／left apart bending knees as you lower body slightly，hold
Armography：Place right hand on right knee／thigh，left hand on left knee／thigh）（\＆1）hold（2）
\＆3－4 Jump back right／left apart bending knees as you lower body slightly，hold
Armography：Place right hand on right knee／thigh，left hand on left knee／thigh（\＆3），hold（4）
5－8 Step R forward，hold，pivot $1 / 8$ left to diagonal，hold
Armography：As you step $R$ forward raise $R$ arm up with palm upwards and lower $L$ arm down palm
downwards（5），hold（6），（SUPERMAN ARMS）as you pivot $1 / 8 L$ bend knees and lower body slightly and place
right hand on right knee/thigh, left hand on left knee/thigh (7-8)
[9-16] Turning $1 / 8 \mathrm{~L}$ : jump forward $R / L$ apart, hold, jump R/L back, hold, $R$ fwd, hold, $1 / 8 \mathrm{~L}$ pivot turn, hold.
\&1-2 Turning $1 / 8$ left jump forward right/left apart, hold
Armography: As you jump forward R/L raise both arms up to the ceiling with palms facing outwards \&3-4 Jump back R/L apart, hold
Armography: As you jump back bend both knees and lower body slightly bringing both arms down right hand on right knee/ thigh, left hand on left knee/thigh (\&3) hold (4)
5-8 Step R forward, hold, pivot $1 / 8$ left to diagonal, hold
Armography: As you step $R$ forward raise $R$ arm up with palm upwards and lower $L$ arm down palm downwards (5), hold (6) (SUPERMAN ARMS), as you pivot $1 / 8 L$ bend knees and lower body slightly and place right hand on right knee/thigh, left hand on left knee/thigh (7-8)
[17-24] Repeat counts 9-16
[25-32] Repeat counts 9-16
Turn $1 / 8$ left to face front to start A again
SUMMARY:

- "Part B is always done starting and ending at 12:00" and
- "Tags always bring the dancer to 12:00 and are followed by Part B"

PHRASING:

- Wall 1 - A 32 counts - ends 6:00
- Wall 2 - A 24 counts - ends 12:00
- Wall 3 - B 32 counts - ends 12:00
- Wall 4 - A 32 counts - ends 6:00
- Wall 5 - A 12 counts - ends 9:00 - TAG - ends 12:00
- Wall 6 - B 32 counts - ends 12:00
- Wall 7 - A 32 counts - ends 6:00 - TAG - ends 12:00
- Wall 8 - B 32 counts - ends 12:00
- Wall 9 - A 32 counts - ends 6:00
- Wall 10 - A 32 counts - ends 12:00
- Wall 11 - A 32 counts - ends 6:00
- Wall 12 - A 32 counts - ends 12:00

This is a long explanation for what is really not a difficult dance.
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