

# Get Up At-Cha

**COPPERKNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Advanced  
編舞者: Alan "Renegade" Livett (UK)  
音樂: Get Up! - Beverley Knight



## STEP, POINT, ½ TURNING AERIAL RONDE, SAMBA TURN, PRESS, SAILOR STEP, TURN AND CROSS

- 1-2&3      Step left foot to left side, point right across in front of left (no weight), flick right leg up and out to right side pivoting ½ turn to right on left leg, touch right ball to floor (no weight) (6:00)
- 4&5      Step forward onto right foot, turning quickly ½ turn to right step left next to right, step right forward into a press (12:00)
- &6&7      Push off right foot, start a sailor step stepping right behind left, step left to left side, step right in place
- 8&1      Leaving feet where they are (on balls of both feet) turn ½ turn to left (you will end up facing 6:00 with legs in a crossed position), step left to side, step right across and in front of left

## SIDE ROCK, TURNING BACK LOCK STEP, BACK LOCK STEP, ¼ TURN, ½ TURNING SAILOR CROSS

- 2-3      Rock left to left side, recover onto right
- 4&5      Step left across and in front of right, turning ¼ to left step back with right, step back with left (3:00)
- 6&7&      Lock right foot across left, step left back, point right toe back, turn ¼ turn to right on left prepping for the sailor (still no weight on right)
- 8&1      Sweep right behind left starting ½ turn right, step left in place completing ½ turn, step right across and in front of left (12:00)

## ROCK AND CROSS, ROCK AND CROSS, SCUFF - ROCK - TAP - STEP, SWEEP - ROCK, RECOVER

- 2&3      Rock left to left side, recover onto right, step left across and in front of right
- 4&5      Rock right to right side, recover onto left, step right across and in front of left (12:00)
- &6&7      Scuff left, step forward on left to 10:00, tap right in place behind left, step in place on right
- 8&      Turning slightly to left sweep left foot out to left side and behind right rocking back (9:00), step right in place (9:00)

## SIDE - DRAG, SAILOR STEP BEHIND, SIDE BREAK, MAMBO AND SIDE TOGETHER

- 1-2      Take wide step to left with left, drag right towards left (do not fully close, milk this count)
- &3&4      Step right behind left, step left to left side, step right to right side, step left behind right (9:00)
- 5&6      Rock right foot to right side, step left in place, step right next to left taking weight on right
- 7&8&      Rock back on left, recover onto right, step left to left side, step right next to left (9:00)

## REPEAT