

# Get Em' Up

**COPPER** KNOB  
BY STEPHEN

Count: 32

Wall: 4

Level: Low Intermediate

Choreographer: Dancin' Dean (USA) - September 2020

Music: 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**