

# Get Up

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Terry Cullingham (UK)

**Music:** Get Up! - Beverley Knight



---

## **FORWARD ROCK, ¼ TURN, SIDE ROCK, CROSS, STEP BACK & CROSS ROCK**

- 1-2 Rock forward on right, recover on left
- 3-4 ¼ turn right, rock right to right side, recover on left
- 5-6 Cross right over left, step back on left
- &7-8 Step right to right side, cross rock left over right, recover on right

## **& SIDE, CROSS, POINT, LEFT SAILOR STEP, RIGHT SAILOR STEP ¼ TURN TOUCH, ¼ TURN LEFT, STEP FORWARD**

- &9-10 Step left to left side, cross right over left, point left to left side
- 11&12 Step left behind right, step right in place, step left in place
- 13&14 Step right behind left, step left in place, ¼ turn right stepping forward right
- 15-16 Touch left toe to right instep, ¼ turn left stepping forward left

## **TOUCH, ¼ TURN RIGHT, STEP, ROCK, RECOVER, SHUFFLE ½ TURN, STEP, PIVOT TURN**

- 17-18 Touch right toe to left instep, ¼ turn right stepping forward right
- 19-20 Rock forward on left, recover on right
- 21&22 Shuffle ½ turn left stepping left, right, left
- 23-24 Step forward right, ½ pivot turn left

## **FULL FORWARD TURN, ROCK, RECOVER, ¼ TURN & STEP, CROSS ROCK & STEP BACK, BACK ROCK**

- 25-26 Full forward left turn stepping right, left
- 27-28 Rock forward on right, recover on left
- &29-30 ¼ turn right, step right to right side, cross rock left over right, recover on right
- &31-32 Step back on left, rock back on right, recover on left

**REPEAT**

---