

Get Up

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Seth Lilly

Music: Get Up - Ciara : (Album: Step Up Soundtrack)



32 Count Intro. Start on Vocals

- 1-8** Rock right, recover left, step together, rock left, recover right, sailor $\frac{1}{4}$, sailor $\frac{1}{4}$
1-2 Rock to right side pushing right shoulder out, recover on left pushing left shoulder out
&3 Step right next to left, rock to left side
4 Recover on right
5&6 Left sailor step $\frac{1}{4}$ right (Facing 3:00)
7&8 Right sailor step $\frac{1}{4}$ right (6:00)
- 9-16** Step lock step, hitch, step together step, sailor $\frac{1}{4}$, step forward, drag step
1&2 Step lock step to left diagonal
&3&4 Hitch right next to left, step right to right side, step left next to right, step right out
5&6 Left sailor step $\frac{1}{4}$ left (3:00)
7-8 Step right forward, drag left and step next to right
- 17-24** Bounce right (x2), bounce left (x2), rock recover step $\frac{1}{4}$, cross, point
1-4 Bounce right shoulder to the right twice, the left shoulder left twice
5&6 Rock forward on right, recover on left, turn $\frac{1}{4}$ right stepping on right (6:00)
7-8 Cross left over right, point right to right side
- 25-32** Step, touch, step, touch, turn $\frac{1}{4}$, step, look right, look front
1-2 Step on right, touch left next to right
3-4 Step left out to left, touch right next to left
5-6 Turn $\frac{1}{4}$ to the right stepping on right, step left next to right (9:00)
7-8 Turn head to the right, turn head back to the front
- 33-40** Heel & heel, & step lock step, step forward, coaster $\frac{1}{2}$, step forward
1&2 Touch right heel forward, step right next to left, touch left heel forward
&3&4 Step left next to right, step lock step to right diagonal
5 Step left forward
6&7 Coaster $\frac{1}{2}$ turning right (3:00)
8 Step left forward
- 41-48** Rock, recover, cross, step back, step $\frac{1}{4}$, cross, step $\frac{1}{4}$, step together
1-2 Rock to right side, recover on left
3-4 Cross right over left, step back on left
5-6 Turn $\frac{1}{4}$ right stepping on right, cross left over right (6:00)
7-8 Turn $\frac{1}{4}$ right stepping on right, step left next to right (9:00) **(All Restarts occur here)**
- 49-56** Rock recover, sailor $\frac{1}{4}$, cross step cross, step lock step
1-2 Rock forward on right, recover on left
3&4 Right sailor step turning $\frac{1}{4}$ right (12:00)
5&6 Cross left over right, step right to right, cross left over right (all moving to right diagonal)
7&8 Step right forward, lock left behind right, step right forward
- 57-64** Point, point, sailor $\frac{1}{4}$, point, turn $\frac{1}{4}$, step together, point, hold
1-2 Point left forward, point left to left side
3&4 Left sailor step turning $\frac{1}{4}$ left (9:00)
5-6 Point right forward, turn $\frac{1}{4}$ left stepping on right (6:00)
&7 Step left next to right, point right out to right side
8 Hold

Restarts: **2nd wall, after 48 counts (Facing 3:00)**
 4th wall, after 48 counts (Facing 6:00)
 6th wall, after 48 counts from start of male vocals (rap) (Facing 9:00)

Note: The two walls of the dance alternate between 12:00-6:00 and 3:00-9:00 with each restart.
