

# Steh auf und leb (Get Up & live)

**COPPER** **KNOB**  
BY STEPHEN

Compte: 32

Mur: 2

Niveau: Easy Improver

Chorégraphe: Elisabeth Elkuch-Heid (CH/LIE) - February 2024

Musique: Steh auf und leb - Marina Marx



(Start of the dance: after 2x8, pause in the music - when she sings „welt“)

**[1-8] Rock R Fwd, Recover L, Flick (Turning - Kinda Ronde in Air) 3/8 R (4:30), Rock L Fwd, Recover R, Coaster Step**

1,2            Rock R Fwd, Recover L  
3,4 3        /8 Turn R with your R Leg Ronde in Air, Step Down on R (4:30)  
5,6            Rock L Fwd, Recover R  
7&8        Step L Back, Step R next to L, Step L Fwd

**Restarts here during Wall 2 & 6: Just Straighten up with Coaster step to 12**

**[9-16] Cross R over L, Step L Back with 1/8 Turn R (Straighten up to 6), Step R next to L, Cross Shuffle L over R, Shuffle 1/4 Turn R, Step L Fwd**

1,2,3        Step Cross R over L, Step L Back with 1/8 Turn R (6), Step R next to L  
4&5        Step Cross L over R, Step R to R, Step Cross L over R  
6&7        Step R with 1/4 Turn R Fwd, Close L Behind R, Step R Fwd (9)  
8            Step L Fwd

**[17-24] 1/4 Turn R (Weight R), Cross L over R, Touch R to R, Cross R over L, Touch L to L, Step L Fwd, Touch R Toe Behind L, Step Down on R, Touch L Heel Fwd, Step Down on L**

1,2            1/4 Turn R (Weight on R), Step Cross L over R  
3,4            Touch R to R, Cross Step R over L  
**Restart here during Wall 9 (12): Step Change: 3,4 Touch R to R, Touch R next to L**  
5,6            Touch L to L, Step L Fwd  
7&8&        Touch R Toe Back, Step Down on R, Touch L Heel Fwd, Step Down On L

**[25-32] Touch R Toe Back, Step Down On R, Fwd Anchor Step, Step R Fwd, Pivot Turn 1/2 L, Full Turn L (6)**

1,2            Touch R Toe Back, Step Down on R  
3&4        Cross Step L over R, Step R in Place, Step L in Place  
5,6            Step R Fwd, 1/2 Turn L (Weight L)  
7,8        Full Turn L: Step R Fwd & Back 1/2 Turn L, Step L Fwd 1/2 Turn L (6)

**(Optional Two Steps Fwd: R, L**

**Enjoy and have fun! Live your Life - you only have one - get up & live**

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