

Get Up

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Get Up! - Captain Jack



Intro: 32 Counts

Side Rock, Recover, Kick & Point, Jazz Box Cross

1-2 RF. Rock to R side - LF. Recover
3&4 RF. Kick fwd - RF. Step beside LF - LF. Point to R side
5-6-7-8 LF. Cross over RF - RF. Step back - LF. Step to L side - RF. Cross over LF

1/4 Turn R, Side, Cross, Hold, & Cross Behind, Hold, & Cross Rock, Recover

1-2-3-4 LF. 1/4 Turn R step back - RF. Step to R side - LF. Cross over RF - Hold (3:00)
&5-6 RF. Step to R side - LF. Cross behind RF - Hold
&7-8 RF. Step to R side - LF. Cross rock over RF - RF. Recover

(&) Cross, Hold, & Behind, Hold, & Cross Rock, Recover, Chasse 1/4 Turn R

&1-2 LF. Step to L side - RF. Cross over LF - Hold
&3-4 LF. Step to L side - RF. Cross behind LF - Hold
&5-6 LF. Step to L side - RF. Cross rock over LF - LF. Recover
7&8 RF. Step to R side - LF. Step together - RF. 1/4 Turn R step fwd (6:00)

Kick & Point, Sailor 1/4 Turn R, Hip Bumps, Step fwd, Pivot 1/2 Turn L

1&2 LF. Kick fwd - LF. Step beside RF - RF. Point toe to R side
3&4 RF. Cross behind LF with a 1/4 turn R - LF. Step beside RF - RF. Step fwd (9:00)
5&6 LF. Touch toe fwd and bump hips fwd - Bump hips back - Bump hips fwd (weight on LF)
7-8 RF. Step fwd - Pivot 1/2 turn L (3:00)

Start Again

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