

# 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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