

Get Em' Up

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Dancin' Dean (USA) - September 2020
音乐: Get 'Em Up - Nickelback



****2 restarts after 16& counts on wall 5 and 8
START ON VOCAL**

WALK, WALK, ROCK, RECOVER, BACK, BACK, BACK, COASTER, CROSS

1-2 Walk Right Forward, Walk Left Forward
3&4 Rock forward Right, Recover on Left, Step Right slightly back
5-6 Step back Left (flat) while fanning right toe out, Step back Right (flat) while fanning left toe out
7&8 Step back Left, Step Right to Left, Cross Left over Right to Right diagonal (1:30)

TAP, PRESS, RECOVER, BEHIND, SIDE, CROSS (V STEP) OUT, OUT, IN, IN

&1-2 Tap Right next to Left, Press Right to Right Diagonal, Recover on Left (1:30)
3&4 Step Right Behind left, turn 1/8 turn left stepping left to side, Cross Right over Left (12:00)
5-8 Step Left out to Left Diagonal, Step out Right to Right Diagonal, Step Left In, Step Right In

BALL, CROSS, POINT, LEFT SAILOR, RIGHT SAILOR WITH ¼ RIGHT, ROCK FORWARD, RECOVER, BACK

&1-2 Step ball of Left next to Right, cross Right over Left, Point Left to Left side
3&4 Step Left behind Right, step out slightly Right, Step Left out slightly Left
5&6 Step Right Behind Left, Step Left slight left turn 1/8 Right, Step Right Forward turn 1/8 turn Right
7&8 Rock Forward Left, Recover Right, Step Left Slightly back

BALL, CROSS, POINT, BACK, SIDE ROCK, BEHIND OUT, OUT, IN, IN, SIT

&1-2 Step ball of Right next to Left, Cross Left over Right, Point Right to side
3&4 Step Right Behind Left, Rock Left to Left side, Recover on Right
5 5 tep Left behind Right
&6&7 Step out Right, step out Left, step in Right, Touch Left Toe next to Right, (travels slightly back)
8 - Shift weight Left (sit) bending right knee into towards left leg

Last Update - 4 Oct. 2020-R2