

# Get Up If You Wanna Get Down (CBA4LDF)

COPPER KNOB  
STEPSHEETS

拍数: 64                      墙数: 2                      级数: Phrased Improver / Intermediate  
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - December 2023  
音乐: Get Up (If You Wanna Get Down) - Slightly Stirred



Start 16 counts after the beat kicks in – approx. 11.08secs – 125bpm – 3mins 06secs  
Music Available: Amazon

And the phrasing goes like this (the execution is easier than the explanation):

A (32 counts), A (24 counts), B (32counts), A (32counts), A (12 + Tag 1), B (32 counts), A (32 counts), Tag 2, B (32 counts), A X 4 (32 counts), (see full description for armography)

## PART A (32 counts with changes)

[1-8] R Charleston step, R heel dig x 2, R behind/L side/R cross

1-4                      Step R forward, low kick L forward, step L back, touch R back  
5-6                      Touch R heel on right diagonal, touch R heel on right diagonal  
7&8                      Cross R behind L, step L side, cross R over L

[9-16] L heel dig x 2, L behind, ¼ R, R fwd, L fwd, R fwd, ½ L pivot turn, R kick ball step fwd

1-2                      Touch L heel on left diagonal, touch L heel on left diagonal  
3&4                      Cross step L behind R, turning ¼ right step R forward, step L forward (3 o'clock)

**WALL 5 TAG: Dance first 12 counts of wall 5 to face L side wall (9 o'clock).**

**Add the following 4 count tag: Step R forward, pivot ½ left (3 o'clock), step R forward, pivot ¼ L (12 o'clock) and go into Part B**

5-6                      Step R forward, pivot ½ left (9 o'clock)  
7&8                      Kick R forward, step R forward, step L forward

[17-24] R fwd, bounce 3X turning ¼ L, cross R over L, step L side, R sailor heel/kick

1-4                      Step R forward, bounce heels 3 times turning ¼ left with weight ending on L (6 o'clock)  
5-6                      Cross step R over L, step L side  
7&8                      Cross step R behind L, step L side, touch R heel/kick forward

**WALL 2 RESTART: Complete first 24 counts to face front wall and go into Part B**

[&25-32] R back, cross L over R, R side, L sailor step, R/L heel stand, R back, L back

&1-2                      Step R back, cross step L over R, step R side  
3&4                      Cross step L behind R, step R side, step L side  
5-8                      Step forward weight on R heel, step apart weight on L heel, step R back in place, step L back in place

**WALL 7 TAG: At the end of wall 7 you will be facing back wall, to bring yourself to front wall do the following 4 count tag and then go into part B**

1-4                      Cross R over L, unwind ½ L to face front wall (weight on left)

**Part B (always 32 counts) – Getting Up, Getting Down – a whole lotta explainin' but it really is simple!  
Takes you all the way around the room.**

[1-8] Jump back, hold, jump back hold, R fwd, hold, ⅙ L pivot turn, hold.

&1-2                      Jump back right/left apart bending knees as you lower body slightly, hold  
**Armography: Place right hand on right knee/thigh, left hand on left knee/thigh (&1) hold (2)**

&3-4                      Jump back right/left apart bending knees as you lower body slightly, hold  
**Armography: Place right hand on right knee/thigh, left hand on left knee/thigh (&3), hold (4)**

5-8                      Step R forward, hold, pivot ⅙ left to diagonal, hold

**Armography: As you step R forward raise R arm up with palm upwards and lower L arm down palm downwards (5), hold (6), (SUPERMAN ARMS) as you pivot ⅙ L bend knees and lower body slightly and place**

right hand on right knee/thigh, left hand on left knee/thigh (7-8)

[9-16] Turning  $\frac{1}{8}$  L: jump forward R/L apart, hold, jump R/L back, hold, R fwd, hold,  $\frac{1}{8}$  L pivot turn, hold.  
&1-2 Turning  $\frac{1}{8}$  left jump forward right/left apart, hold

Armography: As you jump forward R/L raise both arms up to the ceiling with palms facing outwards  
&3-4 Jump back R/L apart, hold

Armography: As you jump back bend both knees and lower body slightly bringing both arms down right hand on right knee/ thigh, left hand on left knee/thigh (&3) hold (4)

5-8 Step R forward, hold, pivot  $\frac{1}{8}$  left to diagonal, hold

Armography: As you step R forward raise R arm up with palm upwards and lower L arm down palm downwards (5), hold (6) (SUPERMAN ARMS), as you pivot  $\frac{1}{8}$  L bend knees and lower body slightly and place right hand on right knee/thigh, left hand on left knee/thigh (7-8)

[17-24] Repeat counts 9-16

[25-32] Repeat counts 9-16

Turn  $\frac{1}{8}$  left to face front to start A again

#### SUMMARY:

- "Part B is always done starting and ending at 12:00" and
- "Tags always bring the dancer to 12:00 and are followed by Part B"

#### PHRASING:

- Wall 1 – A 32 counts – ends 6:00
- Wall 2 – A 24 counts – ends 12:00
- Wall 3 – B 32 counts – ends 12:00
- Wall 4 – A 32 counts – ends 6:00
- Wall 5 – A 12 counts – ends 9:00 – TAG – ends 12:00
- Wall 6 – B 32 counts – ends 12:00
- Wall 7 – A 32 counts – ends 6:00 – TAG – ends 12:00
- Wall 8 – B 32 counts – ends 12:00
- Wall 9 – A 32 counts – ends 6:00
- Wall 10 – A 32 counts – ends 12:00
- Wall 11 – A 32 counts – ends 6:00
- Wall 12 – A 32 counts – ends 12:00

This is a long explanation for what is really not a difficult dance.

Last Update - 6 Feb. 2024 - R1

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