

# Get On Up

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Improver  
编舞者: CountryDanceKris (USA) & Ryker (USA) - June 2024  
音乐: Get On Up - Delyn Grey



## #16 count intro - Restarts: 3

### [1-8] Kick, step, triple step, rock recover, sweep 1/4 turn, triple step

1,2      Kick R (1), step back R (2)  
3&4      Triple step back L (3&4)  
5,6      Rock out R (5), recover L sweep back R & 1/4 turn R (3:00) (6)  
7&8      Triple step back R (7&8)

### [9-16] Rock recover, full turn, rock recover, cross & cross

1,2      Rock back L (1), recover R (2)  
3,4      Full turn over R shoulder (3:00) (3,4)  
5,6      Rock out L (5), recover R (6)  
7&8      Cross LF in front of RF and lock L (7), step R keeping LF in front (&), step L (8)

### [17-24] Step, 1/4 pivot, triple step, rock recover, coaster step

1,2      Step out r (1), 1/4 pivot turn L (12:00) (2)  
3&4      Triple step R (3&4)  
5,6      Rock L (5), recover R (6)  
7&8      Coaster step L, R, L (7&8)

### [25-32] 1/4 turn shake, 1/2 turn shake, slide, claps

1,2      1/4 turn in front L on RF (9:00) (1), shake (2)  
3,4      1/2 turn behind L on LF (3:00) (3), shake (4)  
5,6      Slide R (5,6)  
7,8      Clap x2 (7,8)

Restart 1 - Wall 2 after slide R

Restart 2 - Wall 5 after slide R

Restart 3 - Wall 9 after first full 8 count

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