

# Get Up

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Terry Cullingham (UK)  
音乐: Get Up! - Beverley Knight



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## FORWARD ROCK, ¼ TURN, SIDE ROCK, CROSS, STEP BACK & CROSS ROCK

1-2            Rock forward on right, recover on left  
3-4            ¼ turn right, rock right to right side, recover on left  
5-6            Cross right over left, step back on left  
&7-8          Step right to right side, cross rock left over right, recover on right

## & SIDE, CROSS, POINT, LEFT SAILOR STEP, RIGHT SAILOR STEP ¼ TURN TOUCH, ¼ TURN LEFT, STEP FORWARD

&9-10          Step left to left side, cross right over left, point left to left side  
11&12        Step left behind right, step right in place, step left in place  
13&14        Step right behind left, step left in place, ¼ turn right stepping forward right  
15-16        Touch left toe to right instep, ¼ turn left stepping forward left

## TOUCH, ¼ TURN RIGHT, STEP, ROCK, RECOVER, SHUFFLE ½ TURN, STEP, PIVOT TURN

17-18        Touch right toe to left instep, ¼ turn right stepping forward right  
19-20        Rock forward on left, recover on right  
21&22        Shuffle ½ turn left stepping left, right, left  
23-24        Step forward right, ½ pivot turn left

## FULL FORWARD TURN, ROCK, RECOVER, ¼ TURN & STEP, CROSS ROCK & STEP BACK, BACK ROCK

25-26        Full forward left turn stepping right, left  
27-28        Rock forward on right, recover on left  
&29-30       ¼ turn right, step right to right side, cross rock left over right, recover on right  
&31-32       Step back on left, rock back on right, recover on left

**REPEAT**

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