

Get Up!

拍数: 0 墙数: 2 级数: Intermediate hip hop
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音乐: Get Up - Ciara



Sequence: AAB AAB AAB AB BB

PART A

FORWARD, BACK, HOLD, HEAD MOVEMENT, HITCHES, FORWARD, HITCH WITH CHEST PUMP

1-3 Step forward on left, step back on right, hold

Arms: swing both arms forward, as if hugging someone, drop left arm to left side, place right arm in front of chest

&-4 Tilt your head up, bring your head down

&5&6 Step left beside right, hitch right knee up, step right beside left, hitch left knee up

Arms: throw arms to right side, throw arms to left side

7-8 Step forward on left, hitch right knee up and pump chest inwards

BACK, BACK, POINT & LOOK, BODY ROLL, KICK, BODY ROLL, KICK

1-2 Step diagonally back on right, step left to left diagonal

3&4 Step right to right side, point forefinger and middle finger of right hand to the floor in front of body, tilt your head up, bring your head down

5-6 Do a body roll from bottom to top, kick forward with left

Arms: with arms by the side and hands in fists, roll arms down and up making a circle to the left (5-6). This arm movement looks a little like skiing

Counts 5-6 with arms will look a little macho

7-8 Stepping left beside right, do a body roll from bottom to top, kick forward with right and look to the floor behind you

Arms: for count 7, repeat arms for counts 5-6. For count 8, throw your arms to right side, slightly to the back

BALL CHANGE WITH BIG STEP FORWARD, CHEST PUMP, SIDE BODY ROLL, TWISTS, SIT WITH CHEST PUMP

&1-4 Step back on right, step forward on left, bending both knees, drag right slowly up beside left (2-3), pump chest inwards

Arms: roll your right arm from back, over head, to front (1-3)

5-6 Step right to right side and do a side body roll to your right, drag left beside right and twist heels to right side with hips

7&8 Twist heels to left side with hips, twist heels to right side with hips, with a sitting position, pump chest inwards

BALL CROSS, SIDE, KICK, OUT, OUT, BALL CROSS, SKATER FULL TURN LEFT

&1-2 Step left beside right, cross right over left, step left to left side

3&4 Kick right forward, step right to right side, step left to left side

&5 Step right behind left, cross left over right

Arms: cross right arm over left arm in front of body with palms facing 12:00, push both palms out to both sides

6-8 Do a full turn left on left foot sweeping right out making a circle, ending with right stepping beside left (6-8)

Arms: bring left arm to right side, with palms facing right, swing arms over head making a circle to the left (7-8)

PART B

CROSS TOUCH X3, TOUCH TOGETHER, SIDE, TOGETHER

1-2 Cross left over right, touch right to right side

3-4 Cross right over left, touch left to left side

- 5-6 Cross left over right, touch right to right side
7&8 Touch right beside left, touch right to right side, touch right beside left

KICK BALL CHANGE, WALKS

- 1&2 Kick right forward, step back on right, step forward on left

Arms: point forefinger and middle finger from back to front

- 3-8 Walk a big circle, starting with right, making a $\frac{3}{4}$ turn left to face 3:00 (3-8)

HITCH & CROSS, FORWARD, HITCH, FORWARD, HITCH, OUT, OUT, CHEST PUMP

- 1&2 Hitch right knee up turning body slightly to left, step right beside left, cross left over right

- 3-4 Step forward on right, hitch left knee up turning body slightly to right

- 5-6 Step forward on left, hitch right knee up

- 7&8 Step right to right side, step left to left side, pump chest inwards

Arms: put right palm on right chest and left palm on left waist and push palms in, as if pushing body inwards

BALL CHANGE, WALKS BACK, SIDE, HIP BUMPS

- &1 Step right slightly behind, big step forward on left, bending both knees

Arms: swing right arm down, as if throwing a bowling ball

- 2-5 Step back on right, left, right, standing up straight gradually (2-4), step left to left side

- 6-8 Bump hips to right side, with movements sit, up, sit (6-8)

Arms: swing your right arm down and up, following the motion of your hips (6-8)

BEHIND, SIDE, SWEEP TWICE, WALKS, SIDE

- 1&2 Cross right behind left, step left to left side, step right beside left and sweep left to left side

Arms: swing left arm out from front to back

- 3&4 Cross left behind right, step right to right side, step left beside right and sweep right to right side

Arms: repeat arms for count 2 with right arm

- 5-8 Step right behind left, bending both knees, step forward on left, right, standing up gradually (6-7), step left to left side

Arms: swing both arms from bottom to top, bringing arms to chest level (5-8)

HIP ROLLS X 3, SKATER TURN $\frac{3}{4}$ TURN LEFT

- &1-2 Roll right hip to the right

Arms: roll both forearms out to sides

- &3-4 Repeat counts & 1 - 2 with arms remaining at sides

- &5-6 Roll right hip to the right

- 7-8 Do a $\frac{3}{4}$ turn left on left foot sweeping right out making a circle, ending with right stepping beside left, facing 6:00

/Arms: swing arms over head making a circle to the left

REPEAT
