

Get Up

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Seth Lilly
音乐: Get Up - Ciara : (Album: Step Up Soundtrack)



32 Count Intro. Start on Vocals

- 1-8 Rock right, recover left, step together, rock left, recover right, sailor ¼, sailor ¼**
1-2 Rock to right side pushing right shoulder out, recover on left pushing left shoulder out
&3 Step right next to left, rock to left side
4 Recover on right
5&6 Left sailor step ¼ right (Facing 3:00)
7&8 Right sailor step ¼ right (6:00)
- 9-16 Step lock step, hitch, step together step, sailor ¼, step forward, drag step**
1&2 Step lock step to left diagonal
&3&4 Hitch right next to left, step right to right side, step left next to right, step right out
5&6 Left sailor step ¼ left (3:00)
7-8 Step right forward, drag left and step next to right
- 17-24 Bounce right (x2), bounce left (x2), rock recover step ¼, cross, point**
1-4 Bounce right shoulder to the right twice, the left shoulder left twice
5&6 Rock forward on right, recover on left, turn ¼ right stepping on right (6:00)
7-8 Cross left over right, point right to right side
- 25-32 Step, touch, step, touch, turn ¼, step, look right, look front**
1-2 Step on right, touch left next to right
3-4 Step left out to left, touch right next to left
5-6 Turn ¼ to the right stepping on right, step left next to right (9:00)
7-8 Turn head to the right, turn head back to the front
- 33-40 Heel & heel, & step lock step, step forward, coaster ½, step forward**
1&2 Touch right heel forward, step right next to left, touch left heel forward
&3&4 Step left next to right, step lock step to right diagonal
5 Step left forward
6&7 Coaster ½ turning right (3:00)
8 Step left forward
- 41-48 Rock, recover, cross, step back, step ¼, cross, step ¼, step together**
1-2 Rock to right side, recover on left
3-4 Cross right over left, step back on left
5-6 Turn ¼ right stepping on right, cross left over right (6:00)
7-8 Turn ¼ right stepping on right, step left next to right (9:00) **(All Restarts occur here)**
- 49-56 Rock recover, sailor ¼, cross step cross, step lock step**
1-2 Rock forward on right, recover on left
3&4 Right sailor step turning ¼ right (12:00)
5&6 Cross left over right, step right to right, cross left over right (all moving to right diagonal)
7&8 Step right forward, lock left behind right, step right forward
- 57-64 Point, point, sailor ¼, point, turn ¼, step together, point, hold**
1-2 Point left forward, point left to left side
3&4 Left sailor step turning ¼ left (9:00)
5-6 Point right forward, turn ¼ left stepping on right (6:00)
&7 Step left next to right, point right out to right side
8 Hold

Restarts: **2nd wall, after 48 counts (Facing 3:00)**
 4th wall, after 48 counts (Facing 6:00)
 6th wall, after 48 counts from start of male vocals (rap) (Facing 9:00)

Note: The two walls of the dance alternate between 12:00-6:00 and 3:00-9:00 with each restart.
