

# Gonna Get Up

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Larry Bass (USA) - December 2010  
音乐: Gonna Get Up - Mr. President : (CD: Night Club)



Start After 32 counts.

## HEEL & HEEL & STEP FORWARD, SLIDE TOUCH; HIP & HIP &, KICK-BALL-CROSS

1&      Touch Right heel forward, Step Right beside Left  
2&      Touch Left heel forward, Step Left beside Right  
3-4      Step Right forward; Slide & touch Left beside Right  
5&6&      Bump hips Left, Center, Left, Center  
7&8      Kick Left forward, Step ball of Left beside Right, Step Right across Left (12:00)

## STEP SIDE, SAILOR STEP, BEHIND, SIDE, CROSS; BUMP & BUMP & BUMP

1-2&3      Step Left to left side; Step Right behind Left, Step Left to left side, Step Right to right side  
4&5      Step Left behind Right, Step Right to right side, Step Left across Right  
6-8      Step Right to right side & bump hips Right, Center, Right, Center, Right (12:00)

## CROSSOVER MAMBO STEP, CROSSOVER MAMBO STEP ¼ TURN; ½ TURN TRIPLE STEP, COASTER STEP

1&2      Step Left across Right, Rock back onto Right, Step Left beside Right  
3&4      Step Right across Left, Rock back onto Left, Turn ¼ turn right & step Right forward (3:00)  
5&6      Turn ½ turn right & triple step Left, Right, Left (9:00)  
7&8      Step Right back, Step Left beside Right, Step Right forward

## SKATE, SKATE, ROCK STEP ½ TURN; STEP ½ PIVOT, ½ TURN, COASTER STEP

1      Push left forward & diagonally to left while stepping on left  
2      Push right forward & diagonally to right while stepping on right  
3&4      Step Left forward, Rock back onto Right turning ½ turn left, Step Left forward (3:00)  
5&6      Step Right forward, Pivot ½ turn left onto Left, Turn ½ turn left & step Right back (9:00)  
7&8      Step Left back, Step Right beside Left, Step Left forward

## START OVER

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