

Get Up

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Dan Morrison (CAN) - April 2013
音乐: Get Up - Kimberly Davis



Intro: 16 Counts (after first down beat), start on lyrics.

Step, Touch, Step, R & L Sailor (backward motion), Ball-Step

1-3 Step R forward (1) Touch L beside R (2) Step L back (3)
4&5 Step R behind L (4) Step L beside R (&) Step R back (5) (facing 2 o'clock)
6&7 Step L behind R (6) Step R beside L (&) Step L back (7) (facing 10 o'clock)
8& Step R behind L (8) Step L beside R (&)

Tap, Tap, Hat-Dance, Bumps, Coaster

1-2 Tap R forward twice (facing 2 o'clock)
&3 Step R beside L (&) Touch L forward (3)
&4 Step L beside R (&) Touch R forward (4)
&5&6 Step R beside L (&) Touch L forward, Bumping Hips (L,R,L)
7&8 Step L back (7) Step R beside L (&) Step L forward (8) (12 o'clock)

RESTARTS: Wall 3 (6 o'clock) and Wall 7 (9 o'clock)

Walk 2x, Anchor-Step, 1/2 turn, 1/4 turn, L Sailor

1-2 Step R forward (1) Step L forward (2)
3&4 Step R behind L (3) Step L in place (&) Step R back (4)
5-6 1/2 Turn L, Step L forward (5) 1/4 Turn L, Step R side R (6)
7&8 Step L behind R (7) Step R beside L (&) Step L side L (8)

Behind, Side, Cross-Shuffle, 1/4 Turn, 1/4 Scissor

1-2 Step R behind L (1) Step L side L (2)
3&4 Step R over L (3) Step L side L (&) Step R over L (4)
5-6 Step L side L (5) 1/4 turn R, Step R forward (6)
7&8 Step L forward (7) 1/4 turn R, Step R beside L (&) Step L over R (8)

HAVE FUN AND ENJOY

RESTARTS: On Wall 3 and Wall 7, dance first 16 Counts, then Start again.

Contact: dan_orillia@live.com