

# 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.**

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