

# Get Up, Get Down

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Ria Vos (NL) & Karl-Harry Winson (UK) - July 2015  
音樂: Don't Worry (feat. Ray Dalton) - Madcon : (Single)



Intro: 32 Counts from heavy beat (± 23 sec.)

**S1: Side, Drag, Ball-Cross, ¼ R, ¼ R, Touch/Dip, ¼ L, ¼ L**

1-2            Step R Big Step to R Side, Drag L Towards R  
&3-4          Step on Ball of L Next to R, Cross R Over L, ¼ Turn R Step Back on L  
5-6            ¼ Turn R Step R to R Side, Dip Down and Touch L Next to R  
7-8            ¼ Turn L Step Fwd on L, ¼ Turn L Step R to R Side

**S2: Behind, Hold, Ball-Cross, Monterey ½ Turn R, Kick & Heel/Lean Back**

1-2            Step L Behind R, Hold  
&3-4          Step on Ball of R to R Side, Cross L Over R, Point R to R Side  
5-6            ½ Turn R Step R Next to L, Point L to L Side  
7&8            Kick L Fwd, Step Back on L, Touch R Heel Fwd Slightly Leaning Body Back

**S3: Rock Fwd-Back, Step, Scuff-Hitch ¼ R, Side, Drag, & Walk, Walk**

1-2            Rock Fwd (Toe Down), Rock Back (Toe Up)  
3&4            Step Fwd on R, Scuff L Next to R, Hitch L into ¼ Turn R  
5-6            Step L Big Step to L Side, Drag R Towards L  
&7-8            Step R Next to L, Step Fwd on L, Step Fwd on R

**S4: Rock Fwd, Triple ¾ Turn L, Step Fwd, ½ Turn R, Shuffle ½ Turn R**

1-2            Rock Fwd on L, Recover on R  
3&4            Shuffle ¾ Turn L Stepping L, R, L  
5-6            Step Fwd on R, ½ Turn R Step Back on L  
7&8            Shuffle ½ Turn R Stepping R, L, R

**S5: ¼ R Side, Hold, Ball-Side Rock, Behind-Side-Cross, Side, Hold**

1-2            ¼ Turn R Step L to L Side, Hold (option: start bodyroll L)  
&3-4          Step Ball of R Next to L (option: end bodyroll), Rock L to L Side, Recover on R  
5&6            Step L Behind R, Step R to R Side, Cross L Over R  
7-8            Step R to R Side, Hold (option: start bodyroll R)

**S6: Ball-Side Rock, Coaster Step, Step Fwd, ½ R Hook, Shuffle Fwd**

&1-2          Step Ball of L Next to R (option: end bodyroll), Rock R to R Side, Recover on L  
3&4            Step Back on R, Step L Next to R, Step Fwd on R  
5-6            Step Fwd on L, Turn ½ R Hooking R Across L  
7&8            Shuffle Fwd Stepping R, L, R

**S7: Diagonal Fwd Step, Point, Diagonal Back Step, Point Behind, Out-Out, Hold, & Side**

1-2            Step L Fwd to L Diagonal, Point R Fwd Across L (L arm up, R arm down, angle upper body R)  
3-4            Step R Back to R Diagonal, Point L Behind R (circle R arm up to shoulder level end pointing down)  
5-6            Step L Out to L Side, Step R Out to R Side  
7&8            Hold, Step L Next to R, Step R to R Side

**S8: Cross Rock, Full Turn L, Touch, Kick-Ball-Cross**

1-2            Rock L Over R, Recover on R

3-4            ¼ Turn L Step Fwd on L, ½ Turn L Step Back on R  
5-6            ¼ Turn L Step L to L Side, Touch R Next to L  
7&8            Kick R to R Diagonal, Step on Ball of R Next to L, Cross L Over R

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