

# I Get Up Again

COPPER KNOB  
BY SHEETS

拍數: 32      牆數: 2      級數: Improver  
編舞者: Ann-Kristin Sandberg (NOR) - February 2018  
音樂: Stronger Than I've Ever Been (Piano Edit) - Kaleena Zanders



**INTRO: 16 counts (dance start 1 count before vocal)**

**Forw-Rock recover-Back with sweep-Behind-Side-Rock recover-1/2 turn R-Rock recover-1/8 turn L-Side step**

1-2&      Step R forw, Step L forw, Recover onto R  
3-4&      Step L backw & sweep R to R side at same time, Cross R behind L, Step L to L side  
5-6&      Step R diagonal forw to L(10.30),Recover onto L, ½ turn R stepping R forw(4.30)  
7-8&      Step L forw, Recover onto R, 1/8 turn L stepping L to L side (F03)

**Rock recover-1/2 turn R-Step-1/2 turn L-1/2 turn L-Rock recover-Together-Back-1/4 turn R recover**

1-2&      Step R forw, Recover onto L, ½ turn R stepping R forw(F09)  
3-4&      Step L forw, ½ turn L stepping R backw, ½ turn L stepping L forw(F09)  
5-6&      Step R forw, Recover onto L, Step R next to L  
7-8&      Step L backw, ¼ turn R stepping R to R side, Recover onto L(F12)

**Side-Back Recover-1/4 turn L with sweep-Forw with sweep-Rock recover-1/4 turn L-Cross-Side-Back Recover**

1-2&      Step R to R side(long step),Step L backw, Recover onto R  
3-4      ¼ turn L stepping L forw(09)& sweep R out to R side at same time, Step R forw. & sweep L out to L side at same time  
5&6&      Step L forw, Recover onto R, ¼ turn L stepping L to L side, Cross R over L (F06)  
7-8&      Step L to L side, Step R backw, Recover onto L

**Side-Back Recover-1/4 turn L with sweep-1/4 turn L-Touch-Step-Pivot ½ turn L-Forw recover-Back recover**

1-2&      Step R to R side, Step L backw, Recover onto R  
3-4      ¼ turn L stepping L forw(F03)Sweep R out to R side at same time, ¼ turn L touching R next to L (F12)  
5-6      Step R forw, Pivot ½ turn L (F06)  
7&8&      Step R forw, Recover onto L, Step R backw, Recover onto L

**(Ending: The dance ends F 06..Make ½ turn L stepping R backw & touch L next to R (F12) )**

**ENJOY & HAPPY DANCING!**