

Get Up

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Terry Cullingham (UK)
音樂: Get Up! - Beverley Knight



FORWARD ROCK, ¼ TURN, SIDE ROCK, CROSS, STEP BACK & CROSS ROCK

1-2 Rock forward on right, recover on left
3-4 ¼ turn right, rock right to right side, recover on left
5-6 Cross right over left, step back on left
&7-8 Step right to right side, cross rock left over right, recover on right

& SIDE, CROSS, POINT, LEFT SAILOR STEP, RIGHT SAILOR STEP ¼ TURN TOUCH, ¼ TURN LEFT, STEP FORWARD

&9-10 Step left to left side, cross right over left, point left to left side
11&12 Step left behind right, step right in place, step left in place
13&14 Step right behind left, step left in place, ¼ turn right stepping forward right
15-16 Touch left toe to right instep, ¼ turn left stepping forward left

TOUCH, ¼ TURN RIGHT, STEP, ROCK, RECOVER, SHUFFLE ½ TURN, STEP, PIVOT TURN

17-18 Touch right toe to left instep, ¼ turn right stepping forward right
19-20 Rock forward on left, recover on right
21&22 Shuffle ½ turn left stepping left, right, left
23-24 Step forward right, ½ pivot turn left

FULL FORWARD TURN, ROCK, RECOVER, ¼ TURN & STEP, CROSS ROCK & STEP BACK, BACK ROCK

25-26 Full forward left turn stepping right, left
27-28 Rock forward on right, recover on left
&29-30 ¼ turn right, step right to right side, cross rock left over right, recover on right
&31-32 Step back on left, rock back on right, recover on left

REPEAT
