

Get Up

拍數: 32 牆數: 4 級數: Intermediate/Advanced
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音樂: Get Up - Ciara



KICK, TOUCH, MODIFIED SAILOR, MODIFIED SAILOR, STEP, HITCH

- 1&2 Kick right foot forward, step right foot next to left, touch left toe to left side
- 3&4 Step left foot behind right foot, step right foot to right side, pivot $\frac{1}{4}$ turn right stepping left to left
- 5&6 Step right foot behind left foot, step left to left side, pivot $\frac{1}{4}$ turn right stepping right to right
- 7 Step forward on left foot
- 8 Hitch right knee

COASTER STEP, KNEE HITCH TWICE, TURNING SHUFFLE, STEP, PIVOT

- 1&2 Right coaster step in place
- 3&4 Pop left knee up, then down, then up again
- 5&6 Left shuffle turning $\frac{1}{2}$ turn to the left
- 7 Step forward on right foot
- 8 Pivot $\frac{1}{2}$ turn to the left

HEEL TOUCH, HEEL TOUCH, STEP, PIVOT, KICK-BALL-POINT, BODY ROLL

- 1&2& Touch right heel forward, step right next to left, touch left heel forward
- 3-4 Step forward on right foot, pivot $\frac{1}{2}$ turn to the left
- 5&6 Kick right foot forward, step right next to left, touch left toe forward
- 7&8 Body roll weight back onto right foot

BACK ROCK, RECOVER, SHUFFLE, STEP, PIVOT, CROSS STEP, PIVOT

- 1-2 Rock back on left foot, recover weight back to right foot
- 3&4 Left shuffle forward
- 5-6 Cross right foot over left, step left foot to left side while turning $\frac{1}{4}$ turn right
- 7-8 Step right foot to right side while turning $\frac{1}{4}$ turn right, step forward on left foot turning another $\frac{1}{4}$ turn right (you will be completing a $\frac{3}{4}$ turn with weight ending up on the left foot)

REPEAT
