

# Get Up

**COPPER KNOB**  
STEPPERS

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**

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