

# Get Up

**COPPER** **NOB**  
BY STEPHEN

拍數: 64  
編舞者: Seth Lilly  
音樂: Get Up - Ciara

牆數: 4

級數: Intermediate hip hop



## ROCK RIGHT, RECOVER LEFT, STEP TOGETHER, ROCK LEFT, RECOVER RIGHT, SAILOR ¼, SAILOR ¼

1-2 Rock to right side pushing right shoulder out, recover on left pushing left shoulder out  
&3 Step right next to left, rock to left side  
4 Recover on right  
5&6 Left sailor step ¼ right (facing 3:00)  
7&8 Right sailor step ¼ right (6:00)

## STEP LOCK STEP, HITCH, STEP TOGETHER STEP, SAILOR ¼, STEP FORWARD, DRAG STEP

1&2 Step lock step to left diagonal  
&3&4 Hitch right next to left, step right to right side, step left next to right, step right out  
5&6 Left sailor step ¼ left (3:00)  
7-8 Step right forward, drag left and step next to right

## BOUNCE RIGHT (TWICE), BOUNCE LEFT (TWICE), ROCK RECOVER STEP ¼, CROSS, POINT

1-4 Bounce right shoulder to the right twice, the left shoulder left twice  
5&6 Rock forward on right, recover on left, turn ¼ right stepping on right (6:00)  
7-8 Cross left over right, point right to right side

## STEP, TOUCH, STEP, TOUCH, TURN ¼, STEP, LOOK RIGHT, LOOK FRONT

1-2 Step on right, touch left next to right  
3-4 Step left out to left, touch right next to left  
5-6 Turn ¼ to the right stepping on right, step left next to right (9:00)  
7-8 Turn head to the right, turn head back to the front

## HEEL & HEEL, & STEP LOCK STEP, STEP FORWARD, COASTER ½, STEP FORWARD

1&2 Touch right heel forward, step right next to left, touch left heel forward  
&3&4 Step left next to right, step lock step to right diagonal  
5 Step left forward  
6&7 Coaster ½ turning right (3:00)  
8 Step left forward

## ROCK, RECOVER, CROSS, STEP BACK, STEP ¼, CROSS, STEP ¼, STEP TOGETHER

1-2 Rock to right side, recover on left  
3-4 Cross right over left, step back on left  
5-6 Turn ¼ right stepping on right, cross left over right (6:00)  
7-8 Turn ¼ right stepping on right, step left next to right (9:00) (all restarts occur here)

## ROCK RECOVER, SAILOR ¼, CROSS STEP CROSS, STEP LOCK STEP

1-2 Rock forward on right, recover on left  
3&4 Right sailor step turning ¼ right (12:00)  
5&6 Cross left over right, step right to right, cross left over right (all moving to right diagonal)  
7&8 Step right forward, lock left behind right, step right forward

## POINT, POINT, SAILOR ¼, POINT, TURN ¼, STEP TOGETHER, POINT, HOLD

1-2 Point left forward, point left to left side

3&4            Left sailor step turning ¼ left (9:00)  
5-6            Point right forward, turn ¼ left stepping on right (6:00)  
&7            Step left next to right, point right out to right side  
8              Hold

**REPEAT**

**RESTART**

Restart on 2nd wall, after 48 counts (facing 3:00)

Restart on 4th wall, after 48 counts (facing 6:00)

Restart on 6th wall, after 48 counts from start of male vocals (rap) (facing 9:00)

The two walls of the dance alternate between 12:00-6:00 and 3:00-9:00 with each restart

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