

Get Up!

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Mr. O.D.
音樂: Get Up - Ciara



HIP BUMPS WITH 1/8 TURN, SHOULDER SHAKE, STEP POINT TWICE

1&2 Bump hips - right & left, right with step right to right and 1/8 turn left
3&4 Push shoulders forward & back, forward
5-6 Step left slightly forward with 1/8 turn left, touch right forward turning body slightly left
7-8 Step right slightly forward, touch left forward turning body slightly right

On count 6 and 8 snap your fingers

STEP, KICK, TOUCH BACK, 1/2 TURN, SWIVELS, 3/4 TURN

9-10 Step left slightly forward, kick right forward
11-12 Touch right back, 1/2 turn right (weight on left)
13&14& Swivel both heels right & back, right & back
15 Step right slightly forward with 1/4 turn right
16 Step left next to right with 1/2 turn right

On count 10 and 12 snap your fingers

Restart after count 16 on wall 4, 8, 12 and 15

1/4 SHUFFLE TURN, PRESS STEP, BEHIND SIDE CROSS WITH 1/4 TURN, MONTEREY TURN

17&18 1/4 turn right and step right forward & step left next to right, step right forward
19-20 Step left forward with bend knee and lean upper body forward, recover weight on right
21&22 Step left back & step right to right with 1/4 turn right, step left across front of right
23-24 Touch right to right, step right next to left with 1/4 turn right

KICK STEP TWICE, ROCK AND 1/4 TURN, COASTER 1/4 TURN, STEP, TOUCH

25& Kick left forward & step left forward
26& Kick right forward & step right forward
27&28 Step left forward & recover weight on right, step left back with 1/4 turn right
29&30 Step right back & step left next to right, step right forward with 1/4 turn right
31-32 Step left forward, touch right next to left

REPEAT
