

# Get Up Dance

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Maggie Gallagher (UK) - February 2011  
音樂: Get Up Dance (feat. Eva Menson) (Radio Kriss Evans Edit) - Alexis Dante & J M Sicky : (3:23)



Intro: 32 BEATS (14 secs)

## S1: STEP, ROCK RECOVER, CHASSE ¼ LEFT, STEP ½ PIVOT LEFT, RIGHT LOCK STEP

1-2-3      Step right to right side on slight right diagonal, Cross rock left over right, Recover on right  
4&5      Step left to left side, Step right next to left, ¼ turn left stepping forward on left [9:00]  
6-7      Step forward on right, ½ pivot left [3:00]  
8&1      Step forward on right, Lock left behind right, Step forward on right

## S2: ROCK FORWARD, RECOVER, BACK LOCK STEP, ROCK BACK, RECOVER, STEP FORWARD

2-3      Rock forward on left, Recover on right  
4&5      Step back on left, Lock right over left, Step back on left  
6-7      Rock back on right, Recover on left  
8      Step forward on right

## S3: STEP ½ PIVOT RIGHT, STEP L, STEP ½ PIVOT LEFT, ½ TURN BACK, ROCK BACK, RECOVER

1-2      Step forward on left, ½ pivot right [9:00]  
3-4      Step forward left, Step forward right  
5-6      ½ pivot left, ½ turn left stepping back on right [9:00]  
7-8      Rock back on left, Recover on right

## S4: ROCK & CROSS, SIDE ROCK, RECOVER, CROSS, SIDE, TOGETHER

1&2      Rock left to left side, Recover on right, Cross left over right  
3-4      Rock right to right side, Recover on left  
5-6      Cross right over left, Step left to left side  
7      Step right next to left

## S5: CHASSE LEFT, CROSS ROCK, RECOVER, CHASSE RIGHT, CROSS ROCK, RECOVER, STEP L

8&1      Step left to left side, Step right next to left, Step left to left side  
2-3      Cross rock right over left, Recover on left  
4&5      Step right to right side, Step left next to right, Step right to right side  
6-7-8      Cross left over right, Recover on right, Step left to left side

## S6: CROSS UNWIND ¾ LEFT, ROCK BACK, RECOVER, WALK L, KICK & POINT, HOLD

1-2      Cross right over left, Unwind ¾ left (weight back on right) [12:00]  
3-4-5      Rock back on left, Recover on right, Walk forward on left  
6&7      Kick right forward, Step right next to left, Point left to left side  
8      HOLD

## S7: & STEP, ½ PIVOT LEFT x 2, CROSS ¼ BACK, RIGHT CHASSE

&1-2      Step left next to right, Step forward on right, ½ pivot left [6:00]  
3-4      Step forward on right, ½ pivot left [12:00]  
5-6      Cross right over left, ¼ right stepping back on left pushing bottom out [3:00]  
7&8      Step right to right side, Step left next to right, Step right to right side

## S8: CROSS, SIDE, SAILOR, JAZZ BOX CROSS

1-2      Cross left over right Step right to right side  
3&4      Cross left behind right, Step right to right side, Step left next to right

5-6 Cross right over left, Step back on left  
7-8 Step right to right side, Cross left over right

**TAG: At the end of Wall 5 [3:00]**

1-2-3-4 Bump right, Bump left, Bump right, Bump left OR optional body movements

**Added March 6th 2011**

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