

Get Up

Choreographed by Michael W. Diven (September 2006)

Description: 32 count, 4 wall intermediate/advance line dance

Music: "Get Up" by Ciara (Step Up Soundtrack)

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 x2, 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)

Restart and Have Fun!

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This step sheet is provided by Michael Diven – Instructor/Choreographer for Dare 2 Dance Productions.

If you have any questions regarding this step sheet or for booking information please contact us at (717) 651-9453, e-mail us at cwdance@localnet.com or visit us on the web at www.dare2dance.net Dare 2 Dance is available to teach at any country western dance venue across the country and abroad and produces a weekly worldwide newsletter. Send us an e-mail at cwdance@localnet.com with "Subscribe" in the subject line.