

Get Up

32 count, 4 wall, intermediate level
Choreographer: Terry Cullingham (UK) Jan 2005
Choreographed to: Get Up by Beverly Knight, CD:
Who I Am

32 count intro

FORWARD ROCK, ¼ TURN, SIDE ROCK, CROSS, STEP BACK & CROSS ROCK.

- 1-2 Rock forward on R, recover on L.
3-4 ¼ turn R, rock R to R side, recover on L.
5-6 Cross R over L, step back on L.
&7-8 Step R to R side, cross rock L over R, recover on R.

& SIDE, CROSS, POINT, L SAILOR STEP, R SAILOR STEP ¼ TURN, TOUCH, ¼ TURN L, STEP FORWARD.

- &9-10 Step L to L side, cross R over L, point L to L side.
11&12 Step L behind R, step R in place, step L in place.
13&14 Step R behind L, step L in place, ¼ turn R stepping forward R
15-16 Touch L toe to R instep, ¼ turn L stepping forward L.

TOUCH, ¼ TURN R, STEP, ROCK, RECOVER, SHUFFLE ½ TURN, STEP, PIVOT TURN.

- 17-18 Touch R toe to L instep, ¼ turn R stepping forward R.
19-20 Rock forward on L, recover on R.
21&22 Shuffle ½ turn L stepping L, R, L.
23-24 Step forward R, ½ pivot turn L

FULL FORWARD TURN, ROCK, RECOVER, ¼ TURN & STEP, CROSS ROCK & STEP BACK, BACK ROCK.

- 25-26 Full forward L turn stepping R, L.
27-28 Rock forward on R, recover on L.
&29-30 ¼ turn R, step R to R side, cross rock L over R, recover on R.
&31-32 Step back on L, rock back on R, recover on L.

START AGAIN – HAVE FUN.
