

Get Up!

32 count, 4 wall, intermediate/advanced level
Choreographer: Mr. O. D. (Sept 2006)
Choreographed to: Get Up by Ciara ft. Chamillionaire

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 counts 6 and 8 snap your fingers

Step, Kick, Touch Back, ½ Turn, Swivels, ¾ Turn

- 9-10 Step Left slightly forward, kick Right forward
11-12 Touch Right back, ½ Turn right (weight on left)
13&14 Swivel both heels right & back, right & back
15 Step Right slightly forward with ¼ Turn right,
16 Step Left next to Right with ½ Turn right

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

¼ Shuffle Turn, Press Step, Behind Side Cross with ¼ Turn, Monterey Turn

- 17&18 ¼ 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 ¼ Turn right, Step Left across front of right
23-24 Touch Right to right, step Right next to Left with ¼ Turn right

Kick Step Twice, Rock And ¼ Turn, Coaster ¼ 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 ¼ Turn right
29&30 Step Right back & step Left next to right, step Right forward with ¼ Turn right
31-32 Step Left forward, touch Right next to Left

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