

# GET UP!

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**Count:** 32

**Wall:** 4

**Level:** intermediate/advanced

**Choreographer:** Mr. O.D.

**Music:** Get Up by 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  $\frac{1}{4}$  turn right

**31-32** Step left forward, touch right next to left

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=53735](https://www.linedance.com/index.php?f=dance_view&id=53735)