

GET UP

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Count: 64 **Wall:** 4 **Level:** intermediate hip hop

Choreographer: Seth Lilly

Music: Get Up by Ciara

ROCK RIGHT, RECOVER LEFT, STEP TOGETHER, ROCK LEFT, RECOVER RIGHT, SAILOR $\frac{1}{4}$, SAILOR $\frac{1}{4}$

- 1-2 Rock to right side pushing right shoulder out, recover on left pushing left shoulder out
&3 Step right next to left, rock to left side
4 Recover on right
5&6 Left sailor step $\frac{1}{4}$ right (facing 3:00)
7&8 Right sailor step $\frac{1}{4}$ right (6:00)

STEP LOCK STEP, HITCH, STEP TOGETHER STEP, SAILOR $\frac{1}{4}$, STEP FORWARD, DRAG STEP

- 1&2 Step lock step to left diagonal
&3&4 Hitch right next to left, step right to right side, step left next to right, step right out
5&6 Left sailor step $\frac{1}{4}$ left (3:00)
7-8 Step right forward, drag left and step next to right

BOUNCE RIGHT (TWICE), BOUNCE LEFT (TWICE), ROCK RECOVER STEP $\frac{1}{4}$, CROSS, POINT

- 1-4 Bounce right shoulder to the right twice, the left shoulder left twice
5&6 Rock forward on right, recover on left, turn $\frac{1}{4}$ right stepping on right (6:00)
7-8 Cross left over right, point right to right side

STEP, TOUCH, STEP, TOUCH, TURN $\frac{1}{4}$, STEP, LOOK RIGHT, LOOK FRONT

- 1-2 Step on right, touch left next to right
3-4 Step left out to left, touch right next to left
5-6 Turn $\frac{1}{4}$ to the right stepping on right, step left next to right (9:00)
7-8 Turn head to the right, turn head back to the front

HEEL & HEEL, & STEP LOCK STEP, STEP FORWARD, COASTER $\frac{1}{2}$, STEP FORWARD

- 1&2 Touch right heel forward, step right next to left, touch left heel forward
&3&4 Step left next to right, step lock step to right diagonal

- 5 Step left forward
6&7 Coaster $\frac{1}{2}$ turning right (3:00)
8 Step left forward

ROCK, RECOVER, CROSS, STEP BACK, STEP $\frac{1}{4}$, CROSS, STEP $\frac{1}{4}$, STEP TOGETHER

- 1-2 Rock to right side, recover on left
3-4 Cross right over left, step back on left
5-6 Turn $\frac{1}{4}$ right stepping on right, cross left over right (6:00)
7-8 Turn $\frac{1}{4}$ right stepping on right, step left next to right (9:00) (all restarts occur here)

ROCK RECOVER, SAILOR $\frac{1}{4}$, CROSS STEP CROSS, STEP LOCK STEP

- 1-2 Rock forward on right, recover on left
3&4 Right sailor step turning $\frac{1}{4}$ right (12:00)
5&6 Cross left over right, step right to right, cross left over right (all moving to right diagonal)
7&8 Step right forward, lock left behind right, step right forward

POINT, POINT, SAILOR $\frac{1}{4}$, POINT, TURN $\frac{1}{4}$, STEP TOGETHER, POINT, HOLD

- 1-2 Point left forward, point left to left side
3&4 Left sailor step turning $\frac{1}{4}$ left (9:00)
5-6 Point right forward, turn $\frac{1}{4}$ left stepping on right (6:00)
&7 Step left next to right, point right out to right side
8 Hold

REPEAT

RESTART

Restart on 2nd wall, after 48 counts (facing 3:00)

Restart on 4th wall, after 48 counts (facing 6:00)

Restart on 6th wall, after 48 counts from start of male vocals (rap) (facing 9:00)

The two walls of the dance alternate between 12:00-6:00 and 3:00-9:00 with each restart