

# Get Up

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Dan Morrison (April 2013)

**Music:** Get Up by Kimberly Davis

**Intro: 16 Counts (after first down beat), start on lyrics.**

**Step, Touch, Step, R & L Sailor (backward motion), Ball-Step**

- 1-3**      Step R forward (1) Touch L beside R (2) Step L back (3)  
**4&5**      Step R behind L (4) Step L beside R (&) Step R back (5) (facing 2 o'clock)  
**6&7**      Step L behind R (6) Step R beside L (&) Step L back (7) (facing 10 o'clock)  
**8&**      Step R behind L (8) Step L beside R (&)

**Tap, Tap, Hat-Dance, Bumps, Coaster**

- 1-2**      Tap R forward twice (facing 2 o'clock)  
**&3**      Step R beside L (&) Touch L forward (3)  
**&4**      Step L beside R (&) Touch R forward (4)  
**&5&6**      Step R beside L (&) Touch L forward, Bumping Hips (L,R,L)  
**7&8**      Step L back (7) Step R beside L (&) Step L forward (8) (12 o'clock)

**RESTARTS: Wall 3 (6 o'clock) and Wall 7 (9 o'clock)**

**Walk 2x, Anchor-Step, 1/2 turn, 1/4 turn, L Sailor**

- 1-2**      Step R forward (1) Step L forward (2)  
**3&4**      Step R behind L (3) Step L in place (&) Step R back (4)  
**5-6 1/2 Turn L, Step L forward (5) 1/4 Turn L, Step R side R (6)**  
**7&8**      Step L behind R (7) Step R beside L (&) Step L side L (8)

**Behind, Side, Cross-Shuffle, 1/4 Turn, 1/4 Scissor**

- 1-2**      Step R behind L (1) Step L side L (2)  
**3&4**      Step R over L (3) Step L side L (&) Step R over L (4)  
**5-6**      Step L side L (5) 1/4 turn R, Step R forward (6)  
**7&8**      Step L forward (7) 1/4 turn R, Step R beside L (&) Step L over R (8)

**HAVE FUN AND ENJOY**

**RESTARTS: On Wall 3 and Wall 7, dance first 16 Counts, then Start again.**

**Contact: [dan\\_orillia@live.com](mailto:dan_orillia@live.com)**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=91988](https://www.linedance.com/index.php?f=dance_view&id=91988)