

# GET UP

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** intermediate/advanced

**Choreographer:** Michael W. Diven

**Music:** Get Up by Ciara

## KICK, TOUCH, MODIFIED SAILOR, MODIFIED SAILOR, STEP, HITCH

- 1&2** Kick right foot forward, step right foot next to left, touch left toe to left side
- 3&4** Step left foot behind right foot, step right foot to right side, pivot  $\frac{1}{4}$  turn right stepping left to left
- 5&6** Step right foot behind left foot, step left to left side, pivot  $\frac{1}{4}$  turn right stepping right to right
- 7** Step forward on left foot
- 8** Hitch right knee

## COASTER STEP, KNEE HITCH TWICE, TURNING SHUFFLE, STEP, PIVOT

- 1&2** Right coaster step in place
- 3&4** Pop left knee up, then down, then up again
- 5&6** Left shuffle turning  $\frac{1}{2}$  turn to the left
- 7** Step forward on right foot
- 8** Pivot  $\frac{1}{2}$  turn to the left

## HEEL TOUCH, HEEL TOUCH, STEP, PIVOT, KICK-BALL-POINT, BODY ROLL

- 1&2&** Touch right heel forward, step right next to left, touch left heel forward
- 3-4** Step forward on right foot, pivot  $\frac{1}{2}$  turn to the left
- 5&6** Kick right foot forward, step right next to left, touch left toe forward
- 7&8** Body roll weight back onto right foot

## BACK ROCK, RECOVER, SHUFFLE, STEP, PIVOT, CROSS STEP, PIVOT

- 1-2** Rock back on left foot, recover weight back to right foot
- 3&4** Left shuffle forward
- 5-6** Cross right foot over left, step left foot to left side while turning  $\frac{1}{4}$  turn right

**7-8** Step right foot to right side while turning  $\frac{1}{4}$  turn right, step forward on left foot turning another  $\frac{1}{4}$  turn right (you will be completing a  $\frac{3}{4}$  turn with weight ending up on the left foot)

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=53726](https://www.linedance.com/index.php?f=dance_view&id=53726)