

GET UP

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Count: 64 **Wall:** 2 **Level:** Intermediate level

Choreographer: Seth Lilly

Music: Get up by Ciara (Album: Step Up Soundtrack)

32 Count Intro. Start on Vocals 1-8
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)

9-16
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

17-24
Bounce right (x2), bounce left (x2), 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

25-32
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

33-40
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

41-48 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)

49-56 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

57-64 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

Restarts: 2nd wall, after 48 counts (Facing 3:00) 4th wall, after 48 counts (Facing 6:00) 6th wall, after 48 counts from start of male vocals (rap) (Facing 9:00) Note: The two walls of the dance alternate between 12:00-6:00 and 3:00-9:00 with each restart.