

Get Up

Choreographed by: Joanne Wong

Music: **Get Up by Ciara feat. Chamillionaire**

Descriptions: Phrased - 4 wall - Intermediate level line dance

Start the dance after 32 counts, after the singer says 'He said'

Sequence: AAB AAB AAB AB BB

PART A (32 COUNTS)

FORWARD, BACK, HOLD, HEAD MOVEMENT, HITCHES, FORWARD, HITCH WITH CHEST PUMP

1 - 3 Step forward on left (1), step back on right (2), hold (3)

Arms: Swing both arms forward, as if hugging someone (1), drop left arm to left side, place right arm in front of chest (2)

& - 4 Tilt your head up (&), bring your head down (4)

& 5 & 6 Step left beside right (&), hitch right knee up (5), step right beside left (&), hitch left knee up (6)

Arms: Throw arms to right side (5), throw arms to left side (6)

7 - 8 Step forward on left (7), hitch right knee up and pump chest inwards (8)

BACK, BACK, POINT & LOOK, BODY ROLL, KICK, BODY ROLL, KICK

1 - 2 Step diagonally back on right (1), step left to left diagonal (2)

3 & 4 Step right to right side, point forefinger and middle finger of right hand to the floor in front of body (3), tilt your head up (&), bring your head down (4)

5 - 6 Do a body roll from bottom to top (5), kick forward with left (6)

Arms: With arms by the side and hands in fists, roll arms down and up making a circle anti-clockwise (5 - 6). This arm movement looks a little like skiing.

*Note: Counts 5 - 6 with arms will look a little like you're wearing pants.

7 - 8 Stepping left beside right, do a body roll from bottom to top (7), kick forward with right and look to the floor behind you (8)

Arms: For count 7, repeat arms for counts 5 - 6. For count 8, throw your arms to right side, slightly to the back.

BALL CHANGE WITH BIG STEP FORWARD, HOLD, SIDE, TWISTS, SIT

& 1 - 4 Step back on right (&), step forward on left, bending both knees (1), drag

right slowly up beside left (2 - 4)

- Arms: Roll your right arm from back, over head, to front (1 - 4)
- 5 - 6 Step right to right side (5), drag left beside right and twist heels to right side with hips (6)
- 7 & 8 Twist heels to left side with hips (7), twist heels to right side with hips (&), with a sitting position, pump chest inwards (8)

BALL CROSS, SIDE, KICK, OUT, OUT, BALL CROSS, SKATER FULL TURN LEFT

- & 1 - 2 Step left beside right (&), cross right over left (1), step left to left side (2)
- 3 & 4 Kick right forward (3), step right to right side (&), step left to left side (4)
- & 5 Step right behind left (&), cross left over right (5)
- Arms: Cross right arm over left arm in front of body with palms facing 12 o'clock (&), push both palms out to both sides (5)
- 6 - 8 Do a full turn left on left foot sweeping right out making a circle, ending with right stepping beside left (6 - 8)
- Arms: Bring left arm to right side, with palms facing right (6), swing arms over head making a circle anti-clockwise (7 - 8)

PART B (48 COUNTS)

CROSS TOUCH X3, TOUCH TOGETHER, SIDE, TOGETHER

- 1 - 2 Cross left over right (1), touch right to right side (2)
- 3 - 4 Cross right over left (3), touch left to left side (4)
- 5 - 6 Cross left over right (5), touch right to right side (6)
- 7 & 8 Touch right beside left (7), touch right to right side (&), touch right beside left (8)

KICK BALL CHANGE, WALKS

- 1 & 2 Kick right forward (1), step back on right (&), step forward on left (2)
- Arms: Point forefinger and middle finger from back to front (2)
- 3 - 8 Walk a big circle, starting with right, making a $\frac{3}{4}$ turn left to face 3 o'clock (3 - 8)

HITCH & CROSS, FORWARD, HITCH, FORWARD, HITCH, OUT, OUT, CHEST PUMP

- 1 & 2 Hitch right knee up turning body slightly to left (1), step right beside left (&), cross left over right (2)
- 3 - 4 Step forward on right (3), hitch left knee up turning body slightly to right

- (4)
5 - 6 Step forward on left (5), hitch right knee up (6)
7 & 8 Step right to right side (7), step left to left side (&), pump chest inwards (8)
Arms: Press both palms to chest, as if pushing chest inwards (8)

BALL CHANGE, WALKS BACK, SIDE, HIP BUMPS

- & 1 Step right slightly behind (&), big step forward on left, bending both knees (1)
Arms: Swing right arm down, as if throwing a bowling ball (1)
2 - 5 Step back on right, left, right, standing up straight gradually (2 - 4), step left to left side (5)
6 - 8 Bump hips to right side, with movements sit, up, sit (6 - 8)
Arms: Swing your right arm down and up, following the motion of your hips (6 - 8)

BEHIND, SIDE, SWEEP X2, WALKS, SIDE

- 1 & 2 Cross right behind left (1), step left to left side (&), step right beside left and sweep left to left side (2)
Arms: Swing left arm out from front to back (2)
3 & 4 Cross left behind right (3), step right to right side (&), step left beside right and sweep right to right side (4)
Arms: Repeat arms for count 2 with right arm (4)
5 - 8 Step right behind left, bending both knees (5), step forward on left, right, standing up gradually (6 - 7), step left to left side (8)
Arms: Swing both arms from bottom to top, bringing arms to chest level (5 - 8)

HIP ROLLS X 3, SKATER TURN $\frac{3}{4}$ TURN LEFT

- & 1 - 2 Roll right hip clockwise (& 1 - 2)
Arms: Roll both forearms out to sides (1 - 2)
& 3 - 4 Repeat counts & 1 - 2 with arms remaining at sides
5 - 8 Roll right hip clockwise (& 5 - 6), do a $\frac{3}{4}$ turn left on left foot sweeping right out making a circle, ending with right stepping beside left, facing 6 o'clock (7 - 8)
Arms: Swing arms over head making a circle anti-clockwise (7 - 8)

REPEAT