

Get Up

Competition Step Sheet

DIVISION: Primary Novice

Description: 16 Count, 2 Walls, Funky, Non-Country
Choreographer: Fred Whitehouse
Music: Get Up by Ciara (ft Chamillionare)
Count-in: 32 Count Intro



1-8 Step Side, Touch x2, Touch Fwd & Back, Drag Fwd

- 1,2 Step RF to right side, touch LF behind RF
- 3,4 Step LF to left side, touch RF behind LF
- 5,6 Touch RF forward, touch RF back
- 7,8 Take a large step forward with RF dragging LF beside RF

9-16 Jump Fwd & Back, Drag to side, Chest Pops, Touch, Unwind ½ Turn

- 1,2 With feet together, Jump forward and back
- 3,4 Right drag to right side, stepping LF beside RF as you dip down low
- 5,6 Chest pops x2
- 7,8 Touch RF back and unwind ½ Turn to right

Begin Again