

But I Got Up

Count: 16

Wall: 4

Level: High Beginner

Choreographer: S.M. Fulton (USA) - August 2026

Music: Roar - Katy Perry



1 tag

Note: The dance stops with the change in the music to the soft interlude.

Section 1: R dorothy, L side, sway x 3, L sailor quarter, R mambo quarter

- 1 2 & R dorothy: R diagonal step forward (1), L lock behind R, (2) R diagonal step forward(&
3 4 & 5 L side (3), quick RLR sway-sway-sway (4 & 5). The sways often coincide with "I got up" in the lyrics; raise your hands up and wave them from side to side.
6 & 7 L sailor quarter: L behind (6), step R (&), L quarter to 9:00 (7)
8 & 1 R mambo quarter: R forward (8), L quarter turning to the right back to 12:00 (&), R side (1).

Section 2: Serpiente quarter, chase full turn, back rock

- 2 & 3 Start serpiente: L cross (2), R side (&), L back (3)
4 & 5 Finish serpiente: R behind (4), L side (&) turning to left, R quarter step (5) at 9:00
6 & 7 Chase full turn, turning to the right: L forward (6), pivot-half R (&) at 3:00, half L at 9:00
8 & R back-rock (8) slightly behind L, recover L forward (&)

After wall 7, which starts at 6:00 and finishes at 3:00, do a four-count tag:

R nightclub: R side (1), back-rock (2), recover (&)

L nightclub: L side (3), back-rock (4), recover (&)

ENDING: You'll be facing the back wall at Set 2, count 5; instead of doing a chase full turn, do a chase half turn to 12:00 and stop dancing. This will be at the beginning of the soft interlude.

NOTE: The rhythm throughout is slow-quick-quick, slow-quick-quick.
This dance works with other music that has nightclub rhythm.