

“Get Back Up Again” – Top Hats & Tiaras Level 1

Artist/Album: Trolls Soundtrack – “Get Back Up Again” (Un-Cut)

Intro: Speaking Part

- “I Really hope I can do it” – Clasp Hands in front of chest
- “Cause they’re all depending on me” –
 - Right arm to Jazz hand “T” (All),
 - Left arm to Jazz hand “T” (Depending)
 - Bring both hands to chest to cover heart/Lower to kneeling position (Me)
- I know that I must leave the only home I’ve ever known – right arm moves through “T”, “High V”, Parallel, and then pulls down to chest
- And Brave the dangers of the Forest – left arm moves through “T”, “High V”, Parallel, and then pulls down to chest
- Saving them before they’re eaten –
 - Both arms open forward grabbing the air in front of them (Saving them before they’re)
 - Cover mouth with both hands (eaten)
- I mean, How Hard, Can That Be
 - Right arm to high “V” (How Hard)
 - Left arm to High “V” (Can That)

INTRO: When Beat Comes In

- **8cts:** Hands Lower (4cts), 4 Claps at forehead (4cts)
- **8cts:** 4 Claps at forehead, Hands to hips, feet in turned-out 1st

PART A:

- **8cts:** 2 plies in 1st
- **8cts:** 1 plie in 1st, transition feet to parallel 1st
- **8cts:** 2 plies in parallel 1st
- **8cts:** 1 plie in parallel 1st, transition feet to parallel 2nd

PART B:

- **8cts:** Skips in a circle
- **8cts:** Wave right hand in the air (like you’re drawing a rainbow)/hands to hips on “8”

PART C: Chorus

- **8cts:** 4 Step – Jump/Claps (moving fwd)
- **8cts:**
 - 4cts - Quick runs backwards/push arms forward away from body (“skittering back”)
 - 4ct - Right arm to High “V” (5), Left arm to High “V” (6), Right Hand to Hip (7), Left hand to hip (8)
- **16cts – REPEAT ABOVE 16cts**

BREAK:

- **8cts** – 2 Shoulder Rolls Back
- **8cts** – 2 Shoulder Rolls Fwd

REPEAT PART A

REPEAT PART B

REPEAT PART C

END:

- “Knock, Knock Me over”: Right hand to High “V”
- “Knock, Knock Me over”: Left hand to High “V”
- “I”: Right hand to hip
- “Will”: Left hand to hip
- “Get back up again”: Fall to ground