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| Get Up And Dance |  |

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| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Norma Purnell (UK) |
| **Music:** | You Make My Pants Want to Get Up and Dance - Dr. Hook |
| . |

**WALK, WALK, STEP PIVOT STEP, CROSS, SIDE, SAILOR ¼ TURN RIGHT**

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| --- | --- |
| 1-2 | Walk forward right, walk forward left |

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| --- | --- |
| 3&4 | Step forward right, pivot ½ turn left, step forward right |

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| --- | --- |
| 5-6 | Step left across right, step right to right side |

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| --- | --- |
| 7&8 | Step left behind right, step right, turning ¼ turn right step left beside right |

**STEP BEHIND, UNWIND, STEP HALF PIVOT, LOCK STEP, LOCK STEP LOCK**

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| --- | --- |
| 1-2 | Step right behind left, unwind turning ½ turn right |

|  |  |
| --- | --- |
| 3-4 | Step forward left, pivot ½ turn right |

|  |  |
| --- | --- |
| 5-6 | Step left forward, lock right behind left |

|  |  |
| --- | --- |
| 7&8 | Step left forward, lock right behind left, step left forward |

**& LEFT HEEL JACK AND RIGHT HEEL JACK, SKATE, SKATE, OUT, OUT, IN, IN**

|  |  |
| --- | --- |
| &1 | Step right in place, touch left heel forward |

|  |  |
| --- | --- |
| &2 | Step back right, cross right over left |

|  |  |
| --- | --- |
| &3 | Step left in place, touch right heel forward |

|  |  |
| --- | --- |
| &4 | Step back left, cross left over right |

|  |  |
| --- | --- |
| 5-6 | Skate forward right, skate forward left |

|  |  |
| --- | --- |
| &7 | Step right to right side, step left to left side |

|  |  |
| --- | --- |
| &8 | Step right to center, step left beside right |

**STEP, SCUFF, ROCK & ROCK & STEP, SCUFF, ROCK & ROCK &**

|  |  |
| --- | --- |
| 1-2 | Step right to right side, scuff left beside right |

|  |  |
| --- | --- |
| 3&4& | Rock left forward and rock right back twice |

|  |  |
| --- | --- |
| 5-6 | Step left to left side, scuff right beside left |

|  |  |
| --- | --- |
| 7&8& | Rock right forward and rock left back twice |

**REPEAT**