Count: 32 Wall: 4 Level: Beginner
Choreographer: Unknown
Music: Get Up, Get Down, Get Funky, Get Loose - Teddy Pendergrass

1-4 Jump forward with your hands in the air, pointing your finger toward the sky, and shake your

5-8 Jump back with your hands pointing to the ground, and shake your body four beats (or one beat for jump and shake 3 beats). I tell them to bend forward while they do this.

9-12 Lean to the right and pretend you're hitchhiking with your thumb (I suggest they turn just a little to the left as they lean to the right and put a lot of movement in their arm and hips ("make it sexy if you want to get picked up")
13-16 Reverse and do the hitchhike to the left
This is the hardest part of the dance
17-20 Right forward rock step and right shuffle (step forward on your right foot and back on your left foot. Do a right triple step (right-left-right)
21-24 Left forward rock step and left shuffle

25-32 Weight is on left foot after left shuffle. Turn $1 / 4$ to the left as you step backward on your right foot (that's count 25) and simply walk backward seven more steps (that's a total of eight steps backward)

REPEAT

