

Get Up & Boogie

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Frank Trace (USA) - January 2015
音乐: "Get Up & Boogie" by Silver Convention (use the short 2:50 version)



There's one easy Tag facing front wall.

Begin after a 32 counts intro.

WALK, WALK, SHUFFLE FORWARD, ROCKING CHAIR

1-2 Walk forward stepping R, L
3&4 Shuffle forward stepping R, L, R
5-8 Rock L forward, recover onto R, rock L back, recover onto R

½ PIVOT TURN RIGHT, SHUFFLE FORWARD, JAZZ BOX ¼ TURN RIGHT WITH CROSS OVER

1-2 Step L forward, pivot ½ turn right (6:00)
3&4 Shuffle forward stepping L, R, L
5-8 Cross R over L, step back onto L, turn ¼ right and step R to right side, Cross step L over R (9:00)

TOUCH RIGHT OUT, IN, OUT, STEP BEHIND, STEP LEFT TO SIDE, CROSS RIGHT OVER, SIDE SHUFFLE LEFT

1-4 Touch R out to right side (turn your head and look right), touch R next to L (look forward), touch R out to right (turn your head and look right, step R behind L)
5-6 Step L to left side, cross step R over L
7&8 Shuffle side left stepping L, R, L

ROCK BACK ON RIGHT, RECOVER ONTO LEFT, ½ PIVOT TURN LEFT, TOE STRUTS FORWARD WITH HIP BUMPS

1-2 Rock back on R, recover onto L
3-4 Step R forward, pivot ½ turn left (3:00)
5-8 Touch R toe forward, drop heel, touch L toe forward, drop heel

Styling: Do these toe struts with hip bumps.

START OVER

TAG: at the end of wall 4,

1-4 Add two extra toe struts, facing 12:00.