

Get Up and Boogie

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Irene Deng (TW) - October 2019
音乐: Get Up and Boogie (Acceleration Edition)



Intro : 32 count

Tag : 4 count (At the end of the 5th wall)

Sec 1 : SIDE, TOGETHER, CHASSE R, 1/4 R SIDE, TOGETHER, CHASSE L

1 – 2 Step Rf to R, Step Lf beside Rf
3&4 Step Rf to R, Step Lf next to Rf, Step Rf to R
5 – 6 Make 1/4 turn R step Lf to L, Step Rf beside Lf
7&8 Step Lf to L , Step Rf next to Lf, Step Lf to L (3:00)

Sec 2 : TOUCH (RL), KICK BALL TOUCH , KICK BALL TOUCH

1 – 2 Touch Rf toe in place(Swing hip), Step Rf beside Lf
3 – 4 Touch Lf toe in place(Swing hip), Step Lf beside Rf
5&6 Kick Rf forward, Step on ball of Rf next to Lf, Touch Lf to outside L
7&8 Kick Lf forward, Step on ball of Lf next to Rf, Touch Rf To outside R

Sec 3: FORWARD ROCK, RECOVER, 1/4R CHASSE, CROSS SAMBA(L R)

1 - 2 Rock Rf forward, Recover on Lf
3&4 Make 1/4 turn R STEP Rf to R, Step Lf next to Rf, Step Rf to R
5&6 Cross Lf over Rf, Rock Rf to R side, Recover on Lf
7&8 Cross Rf over Lf, Rock Lf to L side, Recover on Rf (6:00)

Sec 4: FORWARD ROCK, RECOVER, 3/4L ROLLING SHUFFLE, CROSS JAZZ BOX

1 – 2 Rock Lf forward, Recover on Rf
3&4 Make 1/2 turn L Step Lf forward, Step Rf next to Lf, Make 1/4 turn L step Lf forward
5 – 6 Cross Rf over Lf, Step Lf back
(Shimmy shoulder)
7 – 8 Step Rf to R, Step Lf forward (9:00)

TAG: At the end of the 5th wall, do the following 4 count tag:

1 – 4 Cross Rf over Lf, Step Lf back (Shimmy shoulder), Step Rf to R, Step Lf forward

Have fun & happy dancing !

Contact Irene Deng : yuanmei40681@gmail.com