

# Get Up and Dance

拍数: 48      墙数: 4      级数: Beginner  
编舞者: Lisa Alderton (USA) - January 2020  
音乐: Time to Swing - Scooter Lee



## Strut Vine Right, Touch, Kick

- 1-6      RF to R - Toe (1) Drop Heel (2) LF Behind RF - Toe (3) Drop Heel (4) RF to R - Toe (5) Drop Heel (6)  
7-8      LF Touch Next to RF (7), LF Kick (8)

## Strut Vine Left, Touch, Kick

- 1-6      LF to L - Toe (1) Drop Heel (2) RF Behind LF - Toe (3) Drop Heel (4) LF to L - Toe (5) Drop Heel (6)  
7-8      RF Touch Next to LF (7), RF Kick (8)

## Step, Scuff, Step, Scuff, Jazz Box Turn ¼ Right

- 1-4      RF Step Forward, LF Scuff, Step, RF Scuff forward  
5-8      RF Cross over step, Recover Back on LF, ¼ Turn Right stepping to Right, LF Step Beside RF

## Right Diagonal Side, Touch, Left Diagonal Side, Touch, Shuffle Back

- 1-2      RF Step Diagonally Forward, Touch LF Next to RF  
3-4      LF Step Diagonally Forward, Touch RF Next to LF  
5-8      RF Step Back, LF Step Next to RF, RF Step Back, LF Touch Next to RF

## Left Diagonal Side, Touch, Right Diagonal Side Touch, Shuffle Back

- 1-2      LF Step Diagonally Forward, Touch RF Next to LF  
3-4      RF Step Diagonally Forward, Touch LF Next to RF  
5-8      LF Step Back, RF Step Next to LF, LF Step Back, RF Touch Next to LF

## K – Step

- 1-4      RF Diagonally Step Forward, LF Touch Next to RF, LF Diagonally Step Back, RF Touch Next to LF  
5-8      RF Diagonally Step Back, LF Touch Next to RF, LF Diagonally Step Forward. RF Touch Next to LF

**Begin Again, No tags, No restarts**