

Get Up And Dance

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Lee Crooks (UK) & Glad Jackson (UK)

Musik: You Should Be (Dancing) - Blockster



VINE RIGHT, ROLLING VINE LEFT WITH 1 AND ¼ TURN LEFT

- 1-2 Step right foot to right side, step left behind right
- 3-4 Step right foot to right side, touch left beside right
- 5-6 Step left to left side making ¼ turn left, on ball of left pivot ½ turn left and step back on right foot
- 7-8 On ball of right foot pivot ½ turn left and step forward on left, touch right beside left

VINE RIGHT, LEFT SLIDE AND STEP TOUCH WITH ¼ TURN LEFT

- 1-2 Step right foot to right side, step left foot behind right
- 3-4 Step right foot to right side, touch left beside right
- 5-6 Step left foot to left side, slide right foot beside left
- 7-8 Step left foot ¼ turn left, touch right toe beside left foot

TOE TWISTS WITH ¼ TURNS, WALKS FORWARD, KICK STEPS

- 1 On ball of left foot turn ¼ turn left and tap right toe beside left
- 2 On ball of left foot turn ¼ turn right and tap right toe beside left foot
- 3 On ball of left foot turn ¼ turn left and right toe beside left foot
- 4 Tap right toe beside left foot
- 5-6 Walk forward right, walk forward left
- 7-8 Kick right foot forward twice

MODIFIED COASTER STEPS BACK AND FORWARD, ½ TURN RIGHT

- 1-2-3 Step back right, step left beside right, step right foot forward. (slow coaster step)
- 4-5-6 Step forward on left, step right beside left, step left foot back. (slow coaster step)
- 7-8 Step back on right toe, pivot ½ a turn right taking weight on right

SHUFFLE FORWARD LEFT, FULL TURN, MAMBO ROCKS

- 1&2 Step left foot forward, step right beside left, step left foot forward
- 3 On ball of left foot pivot ½ turn left and step back on right foot
- 4 On ball of right foot pivot ½ turn left and step left foot forward
- 5&6 Rock right foot to right side, step on left in place, step right beside left
- 7&8 Rock left foot to left side, step on right in place, step left beside right

KICK BALL TOUCH FOUR TIMES WITH TWO ¼ TURNS LEFT

- 1&2 Kick right foot forward, step right beside left, touch left beside right
- 3&4 Kick left foot forward, step left ¼ turn left, touch right beside left
- 5&6 Kick right foot forward, step right beside left, touch left beside right
- 7&8 Kick left foot forward, step left ¼ turn left, touch right beside left

REPEAT