

# Get Up And Dance

**COPPER** **KNOB**  
BY STEPHEN

**Count:** 32

**Wand:** 4

**Ebene:** Beginner

**Choreograf/in:** Bill James (UK) - March 2010

**Musik:** You Make My Pants Wanna Get Up And Dance - Dr. Hook : (CD: The Greatest Hits & More)



## 16 count intro

### HEEL, HOOK, STEP, TOUCH, GRAPEVINE LEFT

- 1 – 2 Dig R heel forward, hook R heel over L knee
- 3 – 4 Step R forward, touch L toe behind R heel
- 5 – 6 Step L to L side, step R behind L
- 7 – 8 Step L to L side, step R beside L

### HEEL, HOOK, STEP, TOUCH, GRAPEVINE ¼ TURN RIGHT

- 9 – 10 Dig L heel forward, hook L heel over R knee
- 11 – 12 Step L forward, touch R toe behind L heel
- 13 – 14 Step R to R side, step L behind R
- 15 – 16 Step R to R side making ¼ turn R, step L beside R

### STEP, TOGETHER, STEP, SCUFF, JAZZ BOX

- 17 – 18 Step R forward, step L beside R
- 19 – 20 Step R forward, scuff L forward
- 21 – 22 Cross step L over R, step R back
- 23 – 24 Step L to L side, touch R beside L

### OUT, OUT, IN, IN, HEEL SPLITS, HEEL SPLITS

- 25 – 26 Step R forward to R diagonal, step L forward to L diagonal
- 27 – 28 Step R back to place, step L back to place
- 29 – 30 With weight on the balls of both feet twist both heels out, twist both heels in
- 31 – 32 Twist both heels out, twist both heel back to center (weight ends on L)

## START AGAIN

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