

Stand Up and Boogie

COPPER KNOB
STEPSHEETS

Count: 48

Wall: 4

Level: Beginner

Choreographer: Sonja Hemmes (USA) - May 2016

Music: Stand Up and Boogie - Danny & Bongy : (Album: In the Cool)



Start on Lyrics

#1: TOE STRUTS RIGHT SIDE, FRONT, ROCK & CROSS, HOLD

- 1-2 Touch right toe side, drop right heel
- 3-4 Touch left toe side, drop left heel
- 5-6 Step right to right side, step left beside right
- 7-8 Cross right over left, hold

#2: TOE STRUTS LEFT SIDE, FRONT, ROCK & CROSS, HOLD

- 1-2 Touch left toe left side, drop left heel
- 3-4 Touch right toe left side, drop right heel
- 5-6 Step left to left side, step right beside left
- 7-8 Cross left over right, hold

#3: STEP TOUCHES RIGHT, LEFT, BOOGIE WALK BACK

- 1-2 Step right to right side, touch left next to right
- 3-4 Step left to left side, touch right next to left
- 5-8 Walk back right, left, right, left

Boogie Walk Styling: Knees close together, arms straight down.

Move shoulders down in the same direction as you walk back right foot, right shoulder down, left foot, left shoulder down.

#4: STEP TOUCHES RIGHT, LEFT, BOOGIE WALK BACK

Repeat 3rd set, steps 17 – 24 above

#5: ROCK BACK, 1/4 TURN LEFT, HOLD, ROCK BACK, HOLD

- 1-2 Rock back on right, recover on left
- 3-4 Step right forward turning ¼ left, hold
- 5-6 Rock back on left, recover on right
- 7-8 Step left forward, hold

#6: PIVOT 1/4 LEFT, PIVOT 1/4 LEFT, ROCKING CHAIR

- 1-2 Step right forward, pivot ¼ left on balls of feet
- 3-4 Step right forward, pivot ¼ left on balls of feet
- 5-6 Step right forward, return weight on left
- 7-8 Step right back, return weight on left