

Get Up And Dance

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Lynn Gauthier (CAN)

Music: Dance - Twister Alley



MONTEREY

- 1-2 Touch right toe to right side, slide right foot ½ turn right beside left foot
3-4 Touch left toe to left side, step left foot home beside right

SHUFFLE FORWARD, DOUBLE TOE TAP

- 5&6 Step right foot forward, step left foot behind right, step right foot forward
7-8 Tap left toe beside right foot, tap left toe beside right foot

SHUFFLE BACKWARD, DOUBLE TOE TAP

- 9-10 Step left foot backward, step right foot back a little in front of left, step left foot backward
11-12 Tap right toe beside left foot, tap right toe beside left foot

MONTEREY

- 13-14 Touch right toe to right side, slide right foot ½ turn right beside left foot
15-16 Touch left toe to left side, step left foot home beside right

SHUFFLE, ½ TURN, TOGETHER

- 17&18 Step right foot to right side, step left foot beside right, step right foot to right side
19-20 Step left foot ½ turn left, touch right foot beside left

TOE STRUTS

- 21-22 Step right toe forward, drop right heel down
23-24 Step left toe forward, drop left heel down

RIGHT SCISSOR

- 25-26 Step right foot to right, step left foot beside right
27-28 Step right foot over left, hold & clap

LEFT SCISSOR

- 29-30 Step left foot to left, step right foot beside left
31-32 Step left foot over right, hold & clap

REPEAT
