

# Get Up And Dance

**COPPER KNOB**  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Norma Purnell (UK)

**Music:** You Make My Pants Want to Get Up and Dance - Dr. Hook



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## WALK, WALK, STEP PIVOT STEP, CROSS, SIDE, SAILOR ¼ TURN RIGHT

- 1-2 Walk forward right, walk forward left
- 3&4 Step forward right, pivot ½ turn left, step forward right
- 5-6 Step left across right, step right to right side
- 7&8 Step left behind right, step right, turning ¼ turn right step left beside right

## STEP BEHIND, UNWIND, STEP HALF PIVOT, LOCK STEP, LOCK STEP LOCK

- 1-2 Step right behind left, unwind turning ½ turn right
- 3-4 Step forward left, pivot ½ turn right
- 5-6 Step left forward, lock right behind left
- 7&8 Step left forward, lock right behind left, step left forward

## & LEFT HEEL JACK AND RIGHT HEEL JACK, SKATE, SKATE, OUT, OUT, IN, IN

- &1 Step right in place, touch left heel forward
- &2 Step back right, cross right over left
- &3 Step left in place, touch right heel forward
- &4 Step back left, cross left over right
- 5-6 Skate forward right, skate forward left
- &7 Step right to right side, step left to left side
- &8 Step right to center, step left beside right

## STEP, SCUFF, ROCK & ROCK & STEP, SCUFF, ROCK & ROCK &

- 1-2 Step right to right side, scuff left beside right
- 3&4& Rock left forward and rock right back twice
- 5-6 Step left to left side, scuff right beside left
- 7&8& Rock right forward and rock left back twice

**REPEAT**

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