

# Get up and Dance

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner / Improver

**Chorégraphe:** Shirley Blankenship (USA) - November 2015

**Musique:** Better When I'm Dancin' - Meghan Trainor



## **SIDE TOGETHER- SHUFFLE FORWARD (RIGHT AND LEFT)**

1-2 Step Right Side, Drag Left Together  
3&4 Shuffle Right Forward (RLR)  
5-6 Step Left Side, Drag Right together  
7&8 Shuffle Left Forward (LRL)

## **ROCK, RECOVER, COASTER (RIGHT AND LEFT)**

1-2 Rock Right Forward , Recover on Left  
3&4 Step Back on Right, Left Together. Forward on Right ( RLR)  
5-6 Rock Forward on Left, Recover on Right  
7&8 Step Back on Left, Right together, Forward on Left (LRL)

## **FORWARD ON RIGHT, LOCK LEFT BEHIND, (AND) STEP, LOCK, STEP (Same on Left)**

1-2 Step Forward on Right, Lock Left Behind Right  
3&4 Step Right Forward, Lock left Behind, Step Right Forward (RLR)  
5-6 Step Left Forward, Lock Right Behind Left  
7&8 Step left Forward, Lock Right Behind, Left forward (LRL)

## **ROCK. RECOVER, 1/4 RIGHT, SHUFFLE, ROCK, RECOVER, COASTER**

1-2 Rock Forward on Right, Recover on Left  
3&4 1/4 Right On Right, Shuffle Forward (RLR)  
5-6 Rock Forward on Left, Recover on Right  
7&8 Step Back on Left, Right Together, Left Forward

**Just Dance - Have Fun, Enjoy**

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