

# Get Up and Boogie

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Irene Deng (TW) - October 2019

**Musique:** Get Up and Boogie (Acceleration Edition )



**Intro :** 32 count

**Tag :** 4 count (At the end of the 5th wall )

## **Sec 1 : SIDE, TOGETHER, CHASSE R, 1/4 R SIDE, TOGETHER, CHASSE L**

1 – 2            Step Rf to R, Step Lf beside Rf  
3&4            Step Rf to R, Step Lf next to Rf, Step Rf to R  
5 – 6            Make 1/4 turn R step Lf to L, Step Rf beside Lf  
7&8            Step Lf to L , Step Rf next to Lf, Step Lf to L ( 3:00)

## **Sec 2 : TOUCH (RL), KICK BALL TOUCH , KICK BALL TOUCH**

1 – 2            Touch Rf toe in place(Swing hip), Step Rf beside Lf  
3 – 4            Touch Lf toe in place(Swing hip), Step Lf beside Rf  
5&6            Kick Rf forward, Step on ball of Rf next to Lf, Touch Lf to outside L  
7&8            Kick Lf forward, Step on ball of Lf next to Rf, Touch Rf To outside R

## **Sec 3: FORWARD ROCK, RECOVER, 1/4R CHASSE, CROSS SAMBA(L R)**

1 - 2            Rock Rf forward, Recover on Lf  
3&4            Make 1/4 turn R STEP Rf to R, Step Lf next to Rf, Step Rf to R  
5&6            Cross Lf over Rf, Rock Rf to R side, Recover on Lf  
7&8            Cross Rf over Lf, Rock Lf to L side, Recover on Rf (6:00)

## **Sec 4: FORWARD ROCK, RECOVER, 3/4L ROLLING SHUFFLE, CROSS JAZZ BOX**

1 – 2            Rock Lf forward, Recover on Rf  
3&4            Make 1/2 turn L Step Lf forward, Step Rf next to Lf, Make 1/4 turn L step Lf forward  
5 – 6            Cross Rf over Lf, Step Lf back

**(Shimmy shoulder)**

7 – 8            Step Rf to R, Step Lf forward (9:00)

**TAG: At the end of the 5th wall, do the following 4 count tag:**

1 – 4            Cross Rf over Lf, Step Lf back (Shimmy shoulder), Step Rf to R, Step Lf forward

**Have fun & happy dancing !**

**Contact Irene Deng : [yuanmei40681@gmail.com](mailto:yuanmei40681@gmail.com)**