

# 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)**