

# Get Up and Dance

**Compte:** 48

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Lisa Alderton (USA) - January 2020

**Musique:** Time to Swing - Scooter Lee



## **Strut Vine Right, Touch, Kick**

- 1-6 RF to R - Toe (1) Drop Heel (2) LF Behind RF - Toe (3) Drop Heel (4) RF to R - Toe (5) Drop Heel (6)  
7-8 LF Touch Next to RF (7), LF Kick (8)

## **Strut Vine Left, Touch, Kick**

- 1-6 LF to L - Toe (1) Drop Heel (2) RF Behind LF - Toe (3) Drop Heel (4) LF to L - Toe (5) Drop Heel (6)  
7-8 RF Touch Next to LF (7), RF Kick (8)

## **Step, Scuff, Step, Scuff, Jazz Box Turn ¼ Right**

- 1-4 RF Step Forward, LF Scuff, Step, RF Scuff forward  
5-8 RF Cross over step, Recover Back on LF, ¼ Turn Right stepping to Right, LF Step Beside RF

## **Right Diagonal Side, Touch, Left Diagonal Side, Touch, Shuffle Back**

- 1-2 RF Step Diagonally Forward, Touch LF Next to RF  
3-4 LF Step Diagonally Forward, Touch RF Next to LF  
5-8 RF Step Back, LF Step Next to RF, RF Step Back, LF Touch Next to RF

## **Left Diagonal Side, Touch, Right Diagonal Side Touch, Shuffle Back**

- 1-2 LF Step Diagonally Forward, Touch RF Next to LF  
3-4 RF Step Diagonally Forward, Touch LF Next to RF  
5-8 LF Step Back, RF Step Next to LF, LF Step Back, RF Touch Next to LF

## **K – Step**

- 1-4 RF Diagonally Step Forward, LF Touch Next to RF, LF Diagonally Step Back, RF Touch Next to LF  
5-8 RF Diagonally Step Back, LF Touch Next to RF, LF Diagonally Step Forward. RF Touch Next to LF

**Begin Again, No tags, No restarts**

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