

# Get Up And Dance

COPPER KNOB  
BY STEPHEN HETS

拍数: 48                      墙数: 2                      级数: Improver  
编舞者: Sue Smyth (UK) - May 2015  
音乐: Beautiful Life - Nathan Carter



Intro: 16 counts □□

**You Have A 16 Count Intro**

**Then Another 16 Counts Where He Sings 'Get Up', For These 16 Counts You Can Do----(Optional)**

1-8                      Walk Fwd On Rlr, Kick Left, Walk Back On Lrl Touch R Beside Left

8-16                     Walk Fwd On Rlr Kick Left, Walk Back On Lrl Touch R Beside Left

**Sec 1: □ Step Right Fwd Touch, Step Left Fwd Touch, Point R Fwd, Side, R Cross Shuffle**

1-2                     Step Right To Right Diagonal, Touch Left Beside Right, Click Fingers/Raise Arms Up

3-4                     Step Left To Left Diagonal, Touch Right Beside Left, Click Fingers/Raise Arms Up

5-6                     Point Right Toe Across Left, Point Right Toe To Right Side

7&8                    Cross Right Over Left, Step Left To Left Side, Cross Right Over Left

**Sec 2: □ Hinge ¼ Turn R, Cross Shuffle, R Kickball Cross, R Side Rock Cross**

1-2                     Step Left To Left Side, Make A ¼ Turn Right, Stepping Right To Right Side (3 O'clock)

3&4                    Cross Left Over Right, Step Right To Right Side, Cross Left Over Right

5&6                    Kick Right Foot Fwd, Step On Ball Of Right, Cross Left Over Right

7&8                    Rock Right To Right Side, Recover On Left, Cross Right Over Left ( 3 O'clock)

**Sec 3: □ Sway Left Sway Right, Pivot ½ Turn Left, Sway Right Sway Left Pivot ½ Turn Right**

1-2                     Step Left To Left Side, Sway Hips Left, Right,

3-4                     Recover Weight On Left Leg, Pivot ½ Turn Left On Left , Touch Right Beside Left (9 O'clock)

5-6                     Step Right To Right Side, Sway Hips Right, Left

7-8                     Recover Weight On Right, Pivot ½ Turn Right, Sweep Left Around From Back To Front (3 O'clock)

**Sec 4: □ Syncopated Jazz Box, Point Right Fwd, Side, Toe Switches**

1-2                     Cross Left Over Right, Step Back On Right

&3-4                    Step Left To Left Side, Cross Right Over Left, Step Left To Left Side

5-6                     Point Right Toe Across Left, Point Right Toe To Right Side

&7&8                    Step Right Beside Left, Point Left To Left Side, Step Left Beside Right, Point Right To Right Side

**Sec 5: □ Walk Fwd R L, Step Pivot ½ Turn Left, Chasse Left, Chasse ¼ Turn Right (The Start Of A Turning Box Step)**

1-2                     Walk Forward On Right, Left

3&4                    Step Fwd On Right, Pivot ½ Turn Left, Recover Weight On Left, Step Fwd On Right (9 O'clock)

5&6                    Step Left To Left Side, Close Right Beside Left, Step Left To Left Side ( 9 O'clock)

7&8                    Make ¼ Turn Right, Stepping On Right, Close Left Beside Right, Step Right To Right Side (12 O'clock)

**Sec 6: □ Chasse ¼ Turn Left, Chasse ¼ Turn Right (Second Part Of Turning Box Step) , Cross Side Behind Side Cross**

1&2                    Make ¼ Turn Right, Stepping Left To Left Side, Close Right Beside Left, Step Left To Left Side (3 O'clock)

3&4                    Make ¼ Turn Right, Stepping On Right, Close Left Beside Right, Step Right To Right Side ( 6 O'clock)

5-6 Cross Left Over Right, Step Right To Right Side  
7&8 Step Left Behind Right, Step Right To Right Side, Cross Left Over Right.

**Ending: Sec 3 -: 3-4 Do 1/4 Turn Finishing On Front Wall**

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**Last Update - 1st June 2015**

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