

# Stand Up and Boogie

COPPERKNOB  
STEPSHEETS

拍数: 48      墙数: 4      级数: Beginner  
编舞者: Sonja Hemmes (USA) - May 2016  
音乐: Stand Up and Boogie - Danny & Bongy : (Album: In the Cool)



## Start on Lyrics

### #1: TOE STRUTS RIGHT SIDE, FRONT, ROCK & CROSS, HOLD

1-2      Touch right toe side, drop right heel  
3-4      Touch left toe side, drop left heel  
5-6      Step right to right side, step left beside right  
7-8      Cross right over left, hold

### #2: TOE STRUTS LEFT SIDE, FRONT, ROCK & CROSS, HOLD

1-2      Touch left toe left side, drop left heel  
3-4      Touch right toe left side, drop right heel  
5-6      Step left to left side, step right beside left  
7-8      Cross left over right, hold

### #3: STEP TOUCHES RIGHT, LEFT, BOOGIE WALK BACK

1-2      Step right to right side, touch left next to right  
3-4      Step left to left side, touch right next to left  
5-8      Walk back right, left, right, left

**Boogie Walk Styling: Knees close together, arms straight down.**

**Move shoulders down in the same direction as you walk back right foot, right shoulder down, left foot, left shoulder down.**

### #4: STEP TOUCHES RIGHT, LEFT, BOOGIE WALK BACK

Repeat 3rd set, steps 17 – 24 above

### #5: ROCK BACK, 1/4 TURN LEFT, HOLD, ROCK BACK, HOLD

1-2      Rock back on right, recover on left  
3-4      Step right forward turning ¼ left, hold  
5-6      Rock back on left, recover on right  
7-8      Step left forward, hold

### #6: PIVOT 1/4 LEFT, PIVOT 1/4 LEFT, ROCKING CHAIR

1-2      Step right forward, pivot ¼ left on balls of feet  
3-4      Step right forward, pivot ¼ left on balls of feet  
5-6      Step right forward, return weight on left  
7-8      Step right back, return weight on left