

# Get Up And Dance

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Lynn Gauthier (CAN)  
音乐: Dance - Twister Alley



## MONTEREY

1-2      Touch right toe to right side, slide right foot ½ turn right beside left foot  
3-4      Touch left toe to left side, step left foot home beside right

## SHUFFLE FORWARD, DOUBLE TOE TAP

5&6      Step right foot forward, step left foot behind right, step right foot forward  
7-8      Tap left toe beside right foot, tap left toe beside right foot

## SHUFFLE BACKWARD, DOUBLE TOE TAP

9-10      Step left foot backward, step right foot back a little in front of left, step left foot backward  
11-12      Tap right toe beside left foot, tap right toe beside left foot

## MONTEREY

13-14      Touch right toe to right side, slide right foot ½ turn right beside left foot  
15-16      Touch left toe to left side, step left foot home beside right

## SHUFFLE, ½ TURN, TOGETHER

17&18      Step right foot to right side, step left foot beside right, step right foot to right side  
19-20      Step left foot ½ turn left, touch right foot beside left

## TOE STRUTS

21-22      Step right toe forward, drop right heel down  
23-24      Step left toe forward, drop left heel down

## RIGHT SCISSOR

25-26      Step right foot to right, step left foot beside right  
27-28      Step right foot over left, hold & clap

## LEFT SCISSOR

29-30      Step left foot to left, step right foot beside left  
31-32      Step left foot over right, hold & clap

## REPEAT

---