

# Get Up And Dance

**COPPER** **KNOB**  
STEPSHEETS

拍数: 48      墙数: 4      级数: Intermediate  
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音乐: You Should Be (Dancing) - Blockster



## VINE RIGHT, ROLLING VINE LEFT WITH 1 AND ¼ TURN LEFT

- 1-2      Step right foot to right side, step left behind right
- 3-4      Step right foot to right side, touch left beside right
- 5-6      Step left to left side making ¼ turn left, on ball of left pivot ½ turn left and step back on right foot
- 7-8      On ball of right foot pivot ½ turn left and step forward on left, touch right beside left

## VINE RIGHT, LEFT SLIDE AND STEP TOUCH WITH ¼ TURN LEFT

- 1-2      Step right foot to right side, step left foot behind right
- 3-4      Step right foot to right side, touch left beside right
- 5-6      Step left foot to left side, slide right foot beside left
- 7-8      Step left foot ¼ turn left, touch right toe beside left foot

## TOE TWISTS WITH ¼ TURNS, WALKS FORWARD, KICK STEPS

- 1      On ball of left foot turn ¼ turn left and tap right toe beside left
- 2      On ball of left foot turn ¼ turn right and tap right toe beside left foot
- 3      On ball of left foot turn ¼ turn left and right toe beside left foot
- 4      Tap right toe beside left foot
- 5-6      Walk forward right, walk forward left
- 7-8      Kick right foot forward twice

## MODIFIED COASTER STEPS BACK AND FORWARD, ½ TURN RIGHT

- 1-2-3      Step back right, step left beside right, step right foot forward. (slow coaster step)
- 4-5-6      Step forward on left, step right beside left, step left foot back. (slow coaster step)
- 7-8      Step back on right toe, pivot ½ a turn right taking weight on right

## SHUFFLE FORWARD LEFT, FULL TURN, MAMBO ROCKS

- 1&2      Step left foot forward, step right beside left, step left foot forward
- 3      On ball of left foot pivot ½ turn left and step back on right foot
- 4      On ball of right foot pivot ½ turn left and step left foot forward
- 5&6      Rock right foot to right side, step on left in place, step right beside left
- 7&8      Rock left foot to left side, step on right in place, step left beside right

## KICK BALL TOUCH FOUR TIMES WITH TWO ¼ TURNS LEFT

- 1&2      Kick right foot forward, step right beside left, touch left beside right
- 3&4      Kick left foot forward, step left ¼ turn left, touch right beside left
- 5&6      Kick right foot forward, step right beside left, touch left beside right
- 7&8      Kick left foot forward, step left ¼ turn left, touch right beside left

**REPEAT**

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