

# Get Up And Dance

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Bill James (UK) - March 2010  
音乐: You Make My Pants Wanna Get Up And Dance - Dr. Hook : (CD: The Greatest Hits & More)



## 16 count intro

### HEEL, HOOK, STEP, TOUCH, GRAPEVINE LEFT

1 – 2      Dig R heel forward, hook R heel over L knee  
3 – 4      Step R forward, touch L toe behind R heel  
5 – 6      Step L to L side, step R behind L  
7 – 8      Step L to L side, step R beside L

### HEEL, HOOK, STEP, TOUCH, GRAPEVINE ¼ TURN RIGHT

9 – 10      Dig L heel forward, hook L heel over R knee  
11 – 12      Step L forward, touch R toe behind L heel  
13 – 14      Step R to R side, step L behind R  
15 – 16      Step R to R side making ¼ turn R, step L beside R

### STEP, TOGETHER, STEP, SCUFF, JAZZ BOX

17 – 18      Step R forward, step L beside R  
19 – 20      Step R forward, scuff L forward  
21 – 22      Cross step L over R, step R back  
23 – 24      Step L to L side, touch R beside L

### OUT, OUT, IN, IN, HEEL SPLITS, HEEL SPLITS

25 – 26      Step R forward to R diagonal, step L forward to L diagonal  
27 – 28      Step R back to place, step L back to place  
29 – 30      With weight on the balls of both feet twist both heels out, twist both heels in  
31 – 32      Twist both heels out, twist both heel back to center (weight ends on L)

## START AGAIN

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