

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
