

# Get Up and Boogie

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Irene Deng (TW) - October 2019  
音樂: Get Up and Boogie (Acceleration Edition )



Intro : 32 count

Tag : 4 count (At the end of the 5th wall )

## Sec 1 : SIDE, TOGETHER, CHASSE R, 1/4 R SIDE, TOGETHER, CHASSE L

1 – 2      Step Rf to R, Step Lf beside Rf  
3&4      Step Rf to R, Step Lf next to Rf, Step Rf to R  
5 – 6      Make 1/4 turn R step Lf to L, Step Rf beside Lf  
7&8      Step Lf to L , Step Rf next to Lf, Step Lf to L ( 3:00)

## Sec 2 : TOUCH (RL), KICK BALL TOUCH , KICK BALL TOUCH

1 – 2      Touch Rf toe in place(Swing hip), Step Rf beside Lf  
3 – 4      Touch Lf toe in place(Swing hip), Step Lf beside Rf  
5&6      Kick Rf forward, Step on ball of Rf next to Lf, Touch Lf to outside L  
7&8      Kick Lf forward, Step on ball of Lf next to Rf, Touch Rf To outside R

## Sec 3: FORWARD ROCK, RECOVER, 1/4R CHASSE, CROSS SAMBA(L R)

1 - 2      Rock Rf forward, Recover on Lf  
3&4      Make 1/4 turn R STEP Rf to R, Step Lf next to Rf, Step Rf to R  
5&6      Cross Lf over Rf, Rock Rf to R side, Recover on Lf  
7&8      Cross Rf over Lf, Rock Lf to L side, Recover on Rf (6:00)

## Sec 4: FORWARD ROCK, RECOVER, 3/4L ROLLING SHUFFLE, CROSS JAZZ BOX

1 – 2      Rock Lf forward, Recover on Rf  
3&4      Make 1/2 turn L Step Lf forward, Step Rf next to Lf, Make 1/4 turn L step Lf forward  
5 – 6      Cross Rf over Lf, Step Lf back  
(Shimmy shoulder)  
7 – 8      Step Rf to R, Step Lf forward (9:00)

**TAG: At the end of the 5th wall, do the following 4 count tag:**

1 – 4      Cross Rf over Lf, Step Lf back (Shimmy shoulder), Step Rf to R, Step Lf forward

Have fun & happy dancing !

Contact Irene Deng : [yuanmei40681@gmail.com](mailto:yuanmei40681@gmail.com)