

# Get Up And Dance

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Norma Purnell (UK)  
音樂: You Make My Pants Want to Get Up and Dance - Dr. Hook



## WALK, WALK, STEP PIVOT STEP, CROSS, SIDE, SAILOR ¼ TURN RIGHT

1-2      Walk forward right, walk forward left  
3&4      Step forward right, pivot ½ turn left, step forward right  
5-6      Step left across right, step right to right side  
7&8      Step left behind right, step right, turning ¼ turn right step left beside right

## STEP BEHIND, UNWIND, STEP HALF PIVOT, LOCK STEP, LOCK STEP LOCK

1-2      Step right behind left, unwind turning ½ turn right  
3-4      Step forward left, pivot ½ turn right  
5-6      Step left forward, lock right behind left  
7&8      Step left forward, lock right behind left, step left forward

## & LEFT HEEL JACK AND RIGHT HEEL JACK, SKATE, SKATE, OUT, OUT, IN, IN

&1      Step right in place, touch left heel forward  
&2      Step back right, cross right over left  
&3      Step left in place, touch right heel forward  
&4      Step back left, cross left over right  
5-6      Skate forward right, skate forward left  
&7      Step right to right side, step left to left side  
&8      Step right to center, step left beside right

## STEP, SCUFF, ROCK & ROCK & STEP, SCUFF, ROCK & ROCK &

1-2      Step right to right side, scuff left beside right  
3&4&      Rock left forward and rock right back twice  
5-6      Step left to left side, scuff right beside left  
7&8&      Rock right forward and rock left back twice

**REPEAT**

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