

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
