



## **Get Up & Boogie**

Count: 32 - Wall: 4 - Level: High Beginner

Choreographer: Frank Trace (Jan 2015)

Music: "Get Up & Boogie" by Silver Convention (use the short 2:50 version)

**Intro: 32 counts**

### **WALK, WALK, SHUFFLE FORWARD, ROCKING CHAIR**

1-2 Walk forward stepping R, L

3&4 Shuffle forward stepping R, L, R

5-8 Rock L forward, recover onto R, rock L back, recover onto R

### **½ PIVOT TURN RIGHT, SHUFFLE FORWARD, JAZZ BOX ¼ TURN RIGHT WITH CROSS OVER**

1-2 Step L forward, pivot ½ turn right

**(6:00)**

3&4 Shuffle forward stepping L, R, L

5-8 Cross R over L, step back onto L, turn ¼ right and step R to right side,  
Cross step L over R

**(9:00)**

### **TOUCH RIGHT OUT, IN, OUT, STEP BEHIND, STEP LEFT TO SIDE, CROSS RIGHT OVER, SIDE SHUFFLE LEFT**

1-4 Touch R out to right side (turn your head and look right),  
touch R next to L (look forward),

touch R out to right (turn your head and look right, step R behind L

5-6 Step L to left side, cross step R over L

7&8 Shuffle side left stepping L, R, L

### **ROCK BACK ON RIGHT, RECOVER ONTO LEFT, ½ PIVOT TURN LEFT, TOE STRUTS FORWARD WITH HIP BUMPS**

1-2 Rock back on R, recover onto L

3-4 Step R forward, pivot ½ turn left

**(3:00)**

5-8 Touch R toe forward, drop heel, touch L toe forward, drop heel

**Styling: Do these toe struts with hip bumps.**

### **START OVER**

**TAG: at the end of wall 4,**

1-4 Add two extra toe struts, **facing 12:00.**

Quelle: copperknob

01.05.2015