



Get Up And Dance

32 count, 4 wall, intermediate level

Choreographer: Happy Heels (Norma Purnell & Friends)
(Eng) Feb 04

Choreographed to: (You Make My Pants Want To) Get Up And
Dance by Dr. Hook

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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 & 2 Step right in place, touch left heel forward, step back right, cross right over left
- & 3 & 4 Step left in place, touch right heel forward, step back left, cross left over right
- 5 – 6 Skate forward right, skate forward left
- & 7 & 8 Step right to right side, step left to left side, 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 x 2
 - 5 – 6 Step left to left side, scuff right beside left
 - 7 & 8 & Rock right forward and rock left back x 2
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