

GET UP AND DANCE

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Count: 48

Wall: 4

Level: intermediate

Choreographer: Lee Crooks & Glad Jackson

Music: You Should Be (Dancing) by Blockster

VINE RIGHT, ROLLING VINE LEFT WITH 1 AND $\frac{1}{4}$ TURN LEFT

- 1-2 Step right foot to right side, step left behind right
- 3-4 Step right foot to right side, touch left beside right
- 5-6 Step left to left side making $\frac{1}{4}$ turn left, on ball of left pivot $\frac{1}{2}$ turn left and step back on right foot
- 7-8 On ball of right foot pivot $\frac{1}{2}$ turn left and step forward on left, touch right beside left

VINE RIGHT, LEFT SLIDE AND STEP TOUCH WITH $\frac{1}{4}$ TURN LEFT

- 1-2 Step right foot to right side, step left foot behind right
- 3-4 Step right foot to right side, touch left beside right
- 5-6 Step left foot to left side, slide right foot beside left
- 7-8 Step left foot $\frac{1}{4}$ turn left, touch right toe beside left foot

TOE TWISTS WITH $\frac{1}{4}$ TURNS, WALKS FORWARD, KICK STEPS

- 1 On ball of left foot turn $\frac{1}{4}$ turn left and tap right toe beside left
- 2 On ball of left foot turn $\frac{1}{4}$ turn right and tap right toe beside left foot
- 3 On ball of left foot turn $\frac{1}{4}$ turn left and right toe beside left foot
- 4 Tap right toe beside left foot
- 5-6 Walk forward right, walk forward left
- 7-8 Kick right foot forward twice

MODIFIED COASTER STEPS BACK AND FORWARD, $\frac{1}{2}$ TURN RIGHT

- 1-2-3 Step back right, step left beside right, step right foot forward. (slow coaster step)
- 4-5-6 Step forward on left, step right beside left, step left foot back. (slow coaster step)
- 7-8 Step back on right toe, pivot $\frac{1}{2}$ a turn right taking weight on right

SHUFFLE FORWARD LEFT, FULL TURN, MAMBO ROCKS

- 1&2 Step left foot forward, step right beside left, step left foot forward

- 3** On ball of left foot pivot $\frac{1}{2}$ turn left and step back on right foot
- 4** On ball of right foot pivot $\frac{1}{2}$ turn left and step left foot forward
- 5&6** Rock right foot to right side, step on left in place, step right beside left
- 7&8** Rock left foot to left side, step on right in place, step left beside right

KICK BALL TOUCH FOUR TIMES WITH TWO $\frac{1}{4}$ TURNS LEFT

- 1&2** Kick right foot forward, step right beside left, touch left beside right
- 3&4** Kick left foot forward, step left $\frac{1}{4}$ turn left, touch right beside left
- 5&6** Kick right foot forward, step right beside left, touch left beside right
- 7&8** Kick left foot forward, step left $\frac{1}{4}$ turn left, touch right beside left

REPEAT