

Get Up And Dance

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Bill James (March 2010 Uk)

Music: You Make My Pants Wanna Get Up And Dance By Dr Hook Cd: The Greatest Hits & More

16 count intro

HEEL, HOOK, STEP, TOUCH, GRAPEVINE LEFT

- 1 - 2 Dig R heel forward, hook R heel over L knee
- 3 - 4 Step R forward, touch L toe behind R heel
- 5 - 6 Step L to L side, step R behind L
- 7 - 8 Step L to L side, step R beside L

HEEL, HOOK, STEP, TOUCH, GRAPEVINE ¼ TURN RIGHT

- 9 - 10 Dig L heel forward, hook L heel over R knee
- 11 - 12 Step L forward, touch R toe behind L heel
- 13 - 14 Step R to R side, step L behind R
- 15 - 16 Step R to R side making ¼ turn R, step L beside R

STEP, TOGETHER, STEP, SCUFF, JAZZ BOX

- 17 - 18 Step R forward, step L beside R
- 19 - 20 Step R forward, scuff L forward
- 21 - 22 Cross step L over R, step R back
- 23 - 24 Step L to L side, touch R beside L

OUT, OUT, IN, IN, HEEL SPLITS, HEEL SPLITS

- 25 - 26 Step R forward to R diagonal, step L forward to L diagonal
- 27 - 28 Step R back to place, step L back to place
- 29 - 30 With weight on the balls of both feet twist both heels out, twist both heels in
- 31 - 32 Twist both heels out, twist both heel back to center (weight ends on L)

START AGAIN