

# Stand Up and Boogie

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**Count:** 48                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Sonja Hemmes – May 2016

**Music:** Stand Up and Boogie by Danny & Bongy (In the Cool)

## Start on Lyrics

### #1: TOE STRUTS RIGHT SIDE, FRONT, ROCK & CROSS, HOLD

- 1-2            Touch right toe side, drop right heel
- 3-4            Touch left toe side, drop left heel
- 5-6            Step right to right side, step left beside right
- 7-8            Cross right over left, hold

### #2: TOE STRUTS LEFT SIDE, FRONT, ROCK & CROSS, HOLD

- 1-2            Touch left toe left side, drop left heel
- 3-4            Touch right toe left side, drop right heel
- 5-6            Step left to left side, step right beside left
- 7-8            Cross left over right, hold

### #3: STEP TOUCHES RIGHT, LEFT, BOOGIE WALK BACK

- 1-2            Step right to right side, touch left next to right
- 3-4            Step left to left side, touch right next to left
- 5-8            Walk back right, left, right, left

**Boogie Walk Styling: Knees close together, arms straight down.**

**Move shoulders down in the same direction as you walk back right foot, right shoulder down, left foot, left shoulder down.**

### #4: STEP TOUCHES RIGHT, LEFT, BOOGIE WALK BACK

**Repeat 3rd set, steps 17 - 24 above**

### #5: ROCK BACK, 1/4 TURN LEFT, HOLD, ROCK BACK, HOLD

- 1-2            Rock back on right, recover on left
- 3-4            Step right forward turning ¼ left, hold

**5-6** Rock back on left, recover on right

**7-8** Step left forward, hold

**#6: PIVOT 1/4 LEFT, PIVOT 1/4 LEFT, ROCKING CHAIR**

**1-2** Step right forward, pivot  $\frac{1}{4}$  left on balls of feet

**3-4** Step right forward, pivot  $\frac{1}{4}$  left on balls of feet

**5-6** Step right forward, return weight on left

**7-8** Step right back, return weight on left