

# Get Up & Boogie

LINEDANCE.COM

**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)

**There's one easy Tag facing front wall.**

**Begin after a 32 counts intro.**

## **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.

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=102002](https://www.linedance.com/index.php?f=dance_view&id=102002)