

BUS STOP

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Count: 32 **Wall:** 4 **Level:** beginner

Choreographer: Unknown

Music: Get Up, Get Down, Get Funky, Get Loose by Teddy Pendergrass

- 1-4** Jump forward with your hands in the air, pointing your finger toward the sky, and shake your body four beats (or one beat for jump and shake 3 beats)
- 5-8** Jump back with your hands pointing to the ground, and shake your body four beats (or one beat for jump and shake 3 beats). I tell them to bend forward while they do this.
- 9-12** Lean to the right and pretend you're hitchhiking with your thumb (I suggest they turn just a little to the left as they lean to the right and put a lot of movement in their arm and hips ("make it sexy if you want to get picked up"))
- 13-16** Reverse and do the hitchhike to the left

This is the hardest part of the dance

- 17-20** Right forward rock step and right shuffle (step forward on your right foot and back on your left foot. Do a right triple step (right-left-right))
- 21-24** Left forward rock step and left shuffle
- 25-32** Weight is on left foot after left shuffle. Turn $\frac{1}{4}$ to the left as you step backward on your right foot (that's count 25) and simply walk backward seven more steps (that's a total of eight steps backward)

REPEAT