

Get Up 'N' Dance

Choreographed by Moses Bourassa Jr. & Barbara Frechette
Barbara Frechette countreelady@aol.com Moses Bourassa Jr. countrydejay@aol.com
<http://www.youtube.com/user/countrydejay>

Description: 32 count, beginner/intermediate partner/circle dance
Sweetheart Or Cape Position. Identical footwork, unless noted

Music
Kiss You All Over - Clarence Carter CD: Best Of
Wait A Minute - The Cherry Bombs -128 bpm CD: The Notorious Cherry Bombs
Mamma Maria - Ricchi E. Poveri [CD: I successi / Available on iTunes]
15 Minutes - Rodney Atkins [CD: It's America / Available on iTunes]
Start dancing on lyrics

FORWARD WALKS, KICK, BACK STEPS, COASTER STEPS

- 1-4 Step right forward, step left forward, step right forward, kick left forward
- 5-6 Step left back, step right back
- 7&8 Step left back, step right back, step left forward

FORWARD WALKS, KICK, BACK STEPS, COASTER STEPS

- 1-4 Step right forward, step left forward, step right forward, kick left forward
- 5-6 Step left back, step right back
- 7&8 Step left back, step right back, step left forward

CHARLESTON STEPS

- 1-4 Step right forward, kick left forward, step left back, touch right back
- 5-8 Step right forward, kick left forward, step left back, touch right back

FORWARD STEPS, ½ TURNS TO THE LEFT, CROSS, HOLDS

*Release hands doing these moves and will hook back up afterwards
back in Sweetheart Position on step 5*

- 1-2 Step right forward, step left making ½ turn to the left
- 3-4 Step right forward, step left making ½ turn to the left
- 5-6 Cross right over left, hold
- 7-8 Cross left over right, hold

Start Again