



Specializing in  
Line Dancing &  
Couples Flow Dancing  
To All Types of Music

- Weekly Classes
- Weekly Dances
- Beginner Lessons
- Intermediate Lessons
- Partner Lessons
- D.J. Service

## Get Up 'N' Dance

Choreographed by Moses Bourassa Jr. & Barbara Frechette

**Description:** 32 count, beginner/intermediate partner/circle dance

**Music:** **Kiss You All Over** by Clarence Carter [Best Of / ]

**Wait A Minute** by The Cherry Bombs [128 bpm / The Notorious Cherry Bombs / Available on iTunes]

**Mamma Maria** by Ricchi E. Poveri [CD: I successi / Available on iTunes]

**15 Minutes** by Rodney Atkins [CD: It's America / Available on iTunes]

**Position:** Sweetheart Or Cape Position. Identical footwork, unless noted  
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

*Couple will drop 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

**REPEAT**

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