



# COUNTRY CLUB DANCERS



## Get up 'n' Dance

Dance Taught By: Bob & Pat  
Pitrof for the Country Club  
Dancers 9-14-09

Choreographed by Moses Bourassa, Jr. & Barbara Frechette

32 count...Beginners/Intermediate ...Partner/Couples Circle dance

Music: Kiss You All Over by Clarence Carter (on Vocals)

Wait a Minute by The Notorious Cherry Bombs (on Vocals)

Mamma Maria by Ricchi E. Poweri

15 Minutes by Rodney Atkins (When using this song after the word try, count 5,6,7,8 then start)

Couple will start in Sweetheart or Cape Position. Identical Footwork, Unless Noted !!!

### FORWARD WALKS, KICK, BACKWARD STEPS, COASTER STEPS

1-4 Walk Forward right, left, right, Kick Left Forward

5-6 Step back on left, step back on right

7&8 step back on left, step back on right, step forward on left

### FORWARD WALKS, KICK, BACKWARD STEPS, COASTER STEPS

1-4 Walk Forward right, left, right, Kick Left Forward

5-6 Step back on left, step back on right

7&8 step back on left, step back on right, step forward on left

### 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, 1/2 CCW TURNS, CROSS STEPS, HOLDS

Couple will drop hands doing these moves and will hook back up afterwards back in sweetheart position on step 5.

1-2 Step Forward on right, step left making 1/2 CCW Turn

3-4 Step Forward on right, Step left making 1/2 CCW Turn

5-6 Cross right over left, Hold

7-8 Cross left over right, Hold

End of Dance

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