Build Me Up Buttercup



Count: 32 Wand: 2 Ebene: Beginner Choreograf/in: Denice Machado (USA) & Lynn Funk (USA) - January 2022

Musik: Build Me Up Buttercup - The Foundations : (Album: Baby Now That I've Found

You)



The dance starts about 16 seconds into the music and after the start of the vocals at the words" build me up."

Right Side Shuffle, R/R, Toe Struts

1&2, 3-4 Right Side Shuffle (R,L,R), Rock Back on L Foot, Recover on R Foot

5-8 Toe Strut L Foot, Step Down on L Foot, Toe Strut R Foot, Step Down on R Foot

Left Back Weave, Left Side Shuffle, R/R

1-4 Step L Foot to Left, Step R Foot Behind L Foot, Step L Foot to Left, Step R Foot Across L

Foot

5&6, 7-8 Left Side Shuffle (L,R,L), Rock Back on R Foot, and Recover on L Foot

Left 1/4 Pivots x 2, Fwd Step with Holds both Right and Left

1-4 Step Forward on R Foot and Pivot 1/4 Left, (9:00) Step Forward on R Foot and Pivot 1/4 Left

(6:00)

5-8 Step Forward on R Foot and Hold (snap fingers optional), Step Forward on LFoot and Hold

(snap fingers optional)

Cross Rock/Recover both Right and Left

1-4 Cross R Foot over L Foot, Recover in Place L Foot, Step R Foot to Right, Hold
5-8 Cross L Foot Over R Foot, Recover in Place R Foot, Step L Foot to Left, Hold

End of Dance

Tags: There are 2 Easy Tags. The first one is at the end of Wall 4 and the second one is at the end of Wall 8. Both tags are facing 12:00.

The Tag is just a repeat of the last eight counts of the dance consisting of the Cross Rock/ Recover both Right and Left.

We hope you enjoy the dance.

Contact: Denice Machado and Lynn Funk - Iddancers2@gmail.com