|  |  |
| --- | --- |
| U Get Me Up, U Get Me Down |  |

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|  |
| --- |
| . |
| **Count:** | 64 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Wil Bos (NL) & Esmeralda van de Pol (NL) - September 2015 |
| **Music:** | Maria - Faydee : (Single) |
| . |

**Intro - 64 Counts**

**S1: Fwd Rock Recover, & Pivot ½ Turn R, Cross Samba x2**

|  |  |
| --- | --- |
| 1-2 | RF rock forward, LF recover |

|  |  |
| --- | --- |
| &3-4 | RF close, LF step forward, R+L ½ turn right |

|  |  |
| --- | --- |
| 5&6 | LF cross over, RF rock side, LF recover |

|  |  |
| --- | --- |
| 7&8 | RF cross over, LF rock side, RF recover [6] |

**S2: Cross Rock Recover, & Cross Side, Coaster ¼ Turn R, Pivot ¾ Turn R**

|  |  |
| --- | --- |
| 1-2 | LF rock across, RF recover |

|  |  |
| --- | --- |
| &3-4 | LF close, RF cross over, LF step side |

|  |  |
| --- | --- |
| 5&6 | RF ¼ right step back, LF close, RF step forward |

|  |  |
| --- | --- |
| 7-8 | LF step forward, L+R ¾ turn right [6] |

**S3: Side, Hold, & Chassé, Cross Rock Fwd Recover, Triple ½ Turn R**

|  |  |
| --- | --- |
| 1-2 | LF step side, hold |

|  |  |
| --- | --- |
| &3&4 | RF close, LF step side, RF close, LF step side |

|  |  |
| --- | --- |
| 5-6 | RF rock across, LF recover |

|  |  |
| --- | --- |
| 7&8 | RF ¼ right step side, LF step beside, RF ¼ right step forward [12] |

**S4: Cross, Hold, & Rock Back Recover, Full Turn R, Shuffle Fwd**

|  |  |
| --- | --- |
| 1-2 | LF cross over, hold |

|  |  |
| --- | --- |
| &3-4 | RF ¼ left step back, LF rock back, RF recover |

|  |  |
| --- | --- |
| 5-6 | LF ½ right step back, RF ½ right step forward |

|  |  |
| --- | --- |
| 7&8 | LF step forward, RF step beside, LF step forward [9] |

**S5: Mambo Fwd, Coaster, Side Rock Recover Cross, ¼ Turn R x2**

|  |  |
| --- | --- |
| 1&2 | RF rock forward, LF recover, RF step back |

|  |  |
| --- | --- |
| 3&4 | LF step back, RF close, LF step forward |

|  |  |
| --- | --- |
| 5&6 | RF rock side, LF recover, RF cross over |

|  |  |
| --- | --- |
| 7-8 | LF ¼ right step back, RF ¼ right step side [3] |

**S6: Vaudeville, & Cross Shuffle, Side, Touch, Scissor**

|  |  |
| --- | --- |
| 1&2 | LF cross over, RF step slightly side, LF dig heel left forward |

|  |  |
| --- | --- |
| &3&4 | LF close, RF cross over, LF step side, RF cross over |

|  |  |
| --- | --- |
| 5-6 | LF step side, RF touch beside |

|  |  |
| --- | --- |
| 7&8 | RF step side, LF close, RF cross over [3] |

**S7: Side Rock Recover, ½ Turn L Together, Side Rock Recover, Cross Shuffle, Side Mambo Fwd**

|  |  |
| --- | --- |
| 1-2 | LF rock side, RF recover |

|  |  |
| --- | --- |
| &3-4 | LF ½ turn left close, RF rock side, LF recover |

|  |  |
| --- | --- |
| 5&6 | RF cross over, LF step side, RF cross over |

|  |  |
| --- | --- |
| 7&8 | LF rock side, RF recover, LF step forward [9] |

**S8: Fwd Rock Recover, ¼ Turn R Side, Point, Hold, ¼ Turn L Fwd, Fwd, Full Spiral Turn, Shuffle Fwd**

|  |  |
| --- | --- |
| 1-2 | RF rock forward, LF recover |

|  |  |
| --- | --- |
| &3-4 | RF ¼ right step side, LF point side, hold |

|  |  |
| --- | --- |
| &5-6 | LF ¼ left step forward, RF step forward, RF full turn left on ball foot and hook LF |

|  |  |
| --- | --- |
| 7&8 | LF step forward, RF step beside, LF step forward [9] |

**Start again**