U Get Me Up, U Get Me Down

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
