

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
