

# FUP (First Up)

**Count:** 32

**Wall:** 4

**Level:** High Beginner / Low Improver

**Choreographer:** Peter Metelnick (UK) & Alison Metelnick (UK) - November 2011

**Music:** Muevelo - Los Super Reyes



**“Celebrating 20 Years of Dance” - Dedicated to Michal Smal**

**Start after 64 count intro – [121bpm – 3:56 in length]**

**[1-8] R cross rock & recover, R side cha, L cross rock/recover, ¼ L turning cha**

- 1-2 Cross rock R over L, recover weight on L
- 3&4 Step R side, step L together, step R side
- 5-6 Cross rock L over R, recover weight on R
- 7&8 Turning ¼ left step L forward, step R together, step L forward (9 o'clock)

**[9-16] R fwd, ¼ L pivot turn, R crossing cha, L side rock/recover, L behind-side-cross**

- 1-2 Step R forward, pivot ¼ left (6 o'clock)
- 3&4 Cross step R over L, step L side, cross step R over L
- 5-6 Rock L side, recover weight on R
- 7&8 Cross step L behind R, step R side, cross step L over R

**[17-24] R side, L touch together, L heel-ball-point, R cross step, L point, L sailor**

- 1-2 Step R side, touch L together
- 3&4 Touch L heel forward (or kick L forward), step L together, point R side
- 5-6 Cross step R over L, point L side
- 7&8 Cross step L behind, step R side, step L side (travelling back)

**[25-32] R sailor, L back rock/recover, L fwd cha, R fwd, ¼ L pivot turn**

- 1&2 Step R back, step L side, step R side (travelling back)
  - 3-4 Rock L back, recover weight on R (option rock L back & kick R fwd, step R fwd)
  - 5&6 Step L forward, step R together, step L forward
  - 7-8 Step R forward, pivot ¼ left (3 o'clock)
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