

# Build Me Up

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Calvin Finch (UK)

Musik: Build Me Up Buttercup - The Foundations



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## LEFT CHASSE BACK ROCK, RIGHT CHASSE BACK ROCK

- 1&2 Chasse to the left (left, right, left)
- 3-4 Rock back on your right behind left, rock forward on to left
- 5&6 Chasse to the right (right, left, right)
- 7-8 Rock back on your left behind right, rock forward onto right

## KICK BALL POINT, CROSS UNWIND ½, CHASSE TO THE LEFT BACK ROCK

- 1&2 Kick left foot forward, replace weight on left, point right toe to side
- 3-4 Cross right foot over left, unwind a ½ turn left
- 5&6 Chasse to the left (left, right, left)
- 7-8 Rock back on your right behind left, rock forward on to left

## POINT CROSS BY 3, UNWIND ¾ TURN WITH A TOUCH

- 1-2 Point right to the side, step right over left
- 3-4 Point left to the side, step left over right
- 5-6 Point right to the side, cross right left
- 7-8 Unwind a ¾ turn to the left, (weight remains on right), touch left toe in front

## SHUFFLE FORWARD KICK BALL CROSS, SIDE ROCK, TRIPLE FULL TURN RIGHT

- 1&2 Left shuffle forward (left, right, left)
- 3&4 Right kick forward replace weight on right, cross left over right
- 5-6 Right side rock, recover weight on left
- 7&8 Triple step a full turn right (right, left, right)

## REPEAT

## TAG

### At the end of the 4th and 8th wall

- 1-2 Side left rock recover
- 3&4 Triple step full turn left (left, right, left)
- 5-6 Side right rock recover
- 7&8 Triple step a full turn right (right, left, right)

All full turns can be replaced with sailor shuffle

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