

# U Get Me Up, U Get Me Down

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Wil Bos (NL) & Esmeralda van de Pol (NL) - September 2015

Musique: 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  
7&8

LF  $\frac{1}{4}$  left step forward, RF step forward, RF full turn left on ball foot and hook LF  
LF step forward, RF step beside, LF step forward [9]

**Start again**

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