

Build Me Up Buttercup

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Denice Machado (USA) & Lynn Funk (USA) - January 2022
音乐: Build Me Up Buttercup - The Foundations : (Album: Baby Now That I've Found You)



The dance starts about 16 seconds into the music and after the start of the vocals at the words " build me up."

Right Side Shuffle, R/R, Toe Struts

1&2, 3-4 Right Side Shuffle (R,L,R), Rock Back on L Foot, Recover on R Foot
5-8 Toe Strut L Foot, Step Down on L Foot, Toe Strut R Foot, Step Down on R Foot

Left Back Weave, Left Side Shuffle, R/R

1-4 Step L Foot to Left, Step R Foot Behind L Foot, Step L Foot to Left, Step R Foot Across L Foot
5&6, 7-8 Left Side Shuffle (L,R,L), Rock Back on R Foot, and Recover on L Foot

Left 1/4 Pivots x 2, Fwd Step with Holds both Right and Left

1-4 Step Forward on R Foot and Pivot 1/4 Left, (9:00) Step Forward on R Foot and Pivot 1/4 Left (6:00)
5-8 Step Forward on R Foot and Hold (snap fingers optional), Step Forward on L Foot and Hold (snap fingers optional)

Cross Rock/Recover both Right and Left

1-4 Cross R Foot over L Foot, Recover in Place L Foot, Step R Foot to Right, Hold
5-8 Cross L Foot Over R Foot, Recover in Place R Foot, Step L Foot to Left, Hold

End of Dance

Tags: There are 2 Easy Tags. The first one is at the end of Wall 4 and the second one is at the end of Wall 8. Both tags are facing 12:00.

The Tag is just a repeat of the last eight counts of the dance consisting of the Cross Rock/ Recover both Right and Left.

We hope you enjoy the dance.

Contact: Denice Machado and Lynn Funk - iddancers2@gmail.com