

U Get Me Up, U Get Me Down

Choreographer : Wil Bos & Esmeralda v.d. Pol
Walls : 4 wall line dance
Level : Intermediate
Counts : 64
Info : Intro 64 Counts
Music : "Maria" by Faydee (single)



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]

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]

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]

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]

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]

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]

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]

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