

## **U Get Me Up, U Get Me Down**

Choreographer : Wil Bos & Esmeralda v.d. Pol (Sept. 2015)

Type of dance : 4 wall linedance

Level : Intermediate

Counts : 64

Intro: 64 counts

[www.allcountry.eu](http://www.allcountry.eu)

Music : Maria

Artist : Faydee

[Dancevideo](#)

### **Buy music iTunes: [Maria - Single - Faydee](#)**

#### **S1: Fwd Rock Recover, & Pivot ½ Turn R, Cross Samba x2**

1-2RF rock forward, LF recover

&3-4RF close, LF step forward, R+L ½ turn right

5&6LF cross over, RF rock side, LF recover

7&8RF cross over, LF rock side, RF recover [6]

#### **S2: Cross Rock Recover, & Cross Side, Coaster ¼ Turn R, Pivot ¾ Turn R**

1-2LF rock across, RF recover

&3-4LF close, RF cross over, LF step side

5&6RF ¼ right step back, LF close, RF step forward

7-8LF step forward, L+R ¾ turn right [6]

#### **S3: Side, Hold, & Chassé, Cross Rock Fwd Recover, Triple ½ Turn R**

1-2LF step side, hold

&3&4RF close, LF step side, RF close, LF step side

5-6RF rock across, LF recover

7&8RF ¼ right step side, LF step beside, RF ¼ right step forward [12]

#### **S4: Cross, Hold, & Rock Back Recover, Full Turn R, Shuffle Fwd**

1-2LF cross over, hold

&3-4RF ¼ left step back, LF rock back, RF recover

5-6LF ½ right step back, RF ½ right step forward

7&8LF step forward, RF step beside, LF step forward [9]

#### **S5: Mambo Fwd, Coaster, Side Rock Recover Cross, ¼ Turn R x2**

1&2RF rock forward, LF recover, RF step back

3&4LF step back, RF close, LF step forward

5&6RF rock side, LF recover, RF cross over

7-8LF ¼ right step back, RF ¼ right step side [3]

#### **S6: Vaudeville, & Cross Shuffle, Side, Touch, Scissor**

1&2LF cross over, RF step slightly side, LF dig heel left forward

&3&4LF close, RF cross over, LF step side, RF cross over

5-6LF step side, RF touch beside

7&8RF step side, LF close, RF cross over [3]

#### **S7: Side Rock Recover, ½ Turn L Together, Side Rock Recover, Cross Shuffle, Side Mambo Fwd**

1-2LF rock side, RF recover

&3-4LF ½ turn left close, RF rock side, LF recover

5&6RF cross over, LF step side, RF cross over

7&8LF 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**

1-2RF rock forward, LF recover

&3-4RF ¼ right step side, LF point side, hold

&5-6LF ¼ left step forward, RF step forward, RF full turn left on ball foot and hook LF

7&8LF step forward, RF step beside, LF step forward [9]

**Start again**