

Build Me Up

32 count, 4 wall, intermediate level

Choreographer: Calvin Finch (mib) (UK)

Choreographed to: The Foundations, Music (Build me up buttercup) Greatest hits BPM:128

Sec 1 Left Chasse Back Rock, Right Chasse Back Rock

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

Sec 2 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 L R L
- 7 8 Rock back on your right behind left, Rock forward on to left

Sec 3 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

Sec 4 Shuffle forward kick ball cross, side rock, triple full turn right

- 1 & 2 Left Shuffle Forward L.R.L.
- 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 R.L.R.

Start again and have fun

At the end of the 4th and 8th wall an 8-count bridge is required.

- 1 2. Side left rock recover
- 3&4 Triple step full turn left L.R.L.
- 5 6 Side right rock recover
- 7&8 Triple step a full turn right R.L.R.

All full turns can be replaced with sailor shuffle (mib)
