

# BUILD ME UP

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**Count:** 32      **Wall:** 4      **Level:** intermediate

**Choreographer:** Calvin Finch (M.I.B.)

**Music:** Build Me Up Buttercup by The Foundations

## LEFT CHASSE BACK ROCK, RIGHT CHASSE BACK ROCK

- 1&2**      Chasse to the left (left, right, left)  
**3-4**      Rock back on your right behind left, rock forward on to left  
**5&6**      Chasse to the right (right, left, right)  
**7-8**      Rock back on your left behind right, rock forward onto right

## KICK BALL POINT, CROSS UNWIND $\frac{1}{2}$ , 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  $\frac{1}{2}$  turn left  
**5&6**      Chasse to the left (left, right, left)  
**7-8**      Rock back on your right behind left, rock forward on to left

## POINT CROSS BY 3, UNWIND $\frac{3}{4}$ 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  $\frac{3}{4}$  turn to the left, (weight remains on right), touch left toe in front

## SHUFFLE FORWARD KICK BALL CROSS, SIDE ROCK, TRIPLE FULL TURN RIGHT

- 1&2**      Left shuffle forward (left, right, left)  
**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 (right, left, right)

**REPEAT**

**TAG**

**At the end of the 4th and 8th wall**

- 1-2** Side left rock recover
- 3&4** Triple step full turn left (left, right, left)
- 5-6** Side right rock recover
- 7&8** Triple step a full turn right (right, left, right)

**All full turns can be replaced with sailor shuffle**