

# Nudge Up

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**Count:** 32

**Wall:** 4

**Level:** Absolute Beginner

**Choreographer:** Hayley Wheatley (UK) & Ella Wheatley (UK) - February 2016

**Music:** Mordidita (feat. Yotuel)" Ricky Martin, Album: A Quien Quier Escuchar

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**Count In:** Start on Vocals, 32 counts from when beat kicks in. Approx 148 bpm

**Notes:** Written as a floor split to "The Bite" but can be danced to most country/non-country tracks.

## **S1: DIAGONAL STEP CLOSE, SHUFFLE, DIAGONAL STEP CLOSE, SHUFFLE**

1-2 Step LF fwd to L diagonal, Close RF beside L 10:30  
3&4 Shuffle diagonally fwd- L,R,L 10:30  
5-6 Step RF fwd to R diagonal, Close LF beside R 1:30  
7&8 Shuffle diagonally fwd R,L,R 1:30

## **S2: Z-STEP, ROCK BACK, RECOVER**

1-2 Stomp LF to L side, Slide RF to touch beside L 12:00  
3-4 Stomp RF diagonally back, Slide LF to touch beside R 1:30  
5-6 Stomp LF to L side, Slide RF to touch beside L  
**(Steps 1-6 make the pattern of a Z on the floor) 12:00**  
7-8 Rock back onto R foot, recover onto L 12:00

## **S3: SIDE STEP, HEEL BOUNCES, ¼ TURN STEPPING BACK, HEEL BOUNCES**

1-2 Step RF to R side, Close LF beside R 12:00  
3-4 With weight on both sets of toes, bounce the heels up/down twice 12:00  
5-6 Make a ¼ turn R while stepping back onto LF, Close RF beside L 3:00  
7-8 With weight on both sets of toes, bounce the heels up/down twice 3:00

## **S4: STEP FORWARD, KNEE POP, STEP FORWARD, KNEE POP, POP KNEES L-R-L**

1-2 Step fwd on RF, Touch L beside R while popping L knee inward 3:00  
3-4 Step fwd on LF, Touch R beside L while popping R knee inward 3:00  
5-6 Pop L knee inward, Pop right knee inward 3:00  
7-8 Pop L knee Inward, HOLD 3:00