

Lift Me Up [Bachata]

COPPER **KNOB**
BYEPOSTETS

Count: 32

Wand: 4

Ebene: Absolute Beginner

Choreograf/in: Vionna Feriska (INA) - December 2022

Musik: Lift Me Up (DJ Damn Bachata Remix) - Rihanna



NO TAG NO RESTART

Intro 16 count

S1# (SIDE - CLOSE- SIDE - TOUCH) R-L

1-2-3-4 step R to side, close L beside R, step R to side - touch L beside R

5-6-7-8 step L to side, close R beside L, step L to side, touch R beside L

S2 # (WEAWE WITH FLICK) R-L

1-2-3-4 cross R over L , step L to side , cross R behind L , flick on L

5-6-7-8 cross L over R , step R to side , cross L behind R , flick on R

S3# ROCKING CHAIR - JAZZBOX TURN 1/4 TO RIGHT

1-2-3-4 step R forward , recover on L , step R backward , recover on L

5-6-7-8 cross R over L , 1/4 turn right with step L back (03.00) , step R to side , step L together

S4# SIDE STEP WITH HIP BUMP (R - L) - HIP ROLL - CLOSE TOUCH WITH HIP BUMP

1-2-3-4 step R to side with both knees bend bump hip to right, bump hip to left, step L to side with both knees bend bump hip to left, bump hip to right

5 - 7 roll hip right to left

8 touch R beside L with bump hip to right

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ENJOY YOUR MOVE ☐☐