

# Lift Rihanna Up

Count: 32

Wand: 2

Ebene: Easy Intermediate

Choreograf/in: Chandrani Eilena Emmiyan (INA) - January 2023

Musik: Lift Me Up - Rihanna : (From Black Panther Wakanda Forever)



**Intro: 32 counts - No Tag, No Restart**

## **Part I - STEP-HITCH, STEP, RUN (R L R), RECOVER, BACK, CROSS BEHIND, SIDE-BEND, ¼ TURN, ½ TURN, ¼ TURN**

- 1-2&3 Step R forward while hitching L, Step L, R, L (bend the knee)  
4&5 Recover on R, Step L backwards, Step R backwards while sweeping L to back  
6&7 Cross L behind R, Step R to side, Bending the R knee with body alignment to 3.00  
8&1 ¼ turn left & Step L forward (9.00), ½ turn left & step R backwards (3.00), ¼ turn left & Step L to side (12.00)

## **Part II - DIAMOND FALL AWAY**

- 2&3 1/8 turn right & step R backwards (1.30), Step L backwards, 1/8 turn right & step R to side (3.00)  
4&5 1/8 turn right & step L forward (4.30), Step R forward, 1/8 turn right & step L to side (6.00)  
6&7 1/8 turn right & step R backwards (7.30), Step L backwards, 1/8 turn right & step R to side (9.00)  
8&1 1/8 turn right & step L forward (10.30), Step R forward, 1/8 turn right & step L to side (12.00)

## **Part III - ¼ TURN - ½ TURN - ¼ TURN, ¼ TURN - ¼ TURN, BACK, BACK MAMBO, STEP, RUN (L, R, L), SWEEP**

- 2&3 ¼ turn right & step R forward (3.00), ½ turn right & step L backwards (9.00), ¼ turn right & step R to side (12.00)  
4&5 ¼ turn left & step L forward (9.00), ¼ turn left & step R together (6.00), Step L backwards  
6&7 Step R backwards, Recover on L, Step R forward  
8&1 Step L, R, L while sweeping R to front

## **Part IV - CROSS-SIDE-BEHIND-SWEEP, BEHIND-SIDE-CROSS-SWEEP, FULL TURN-SWEEP-BACK, RECOVER, STEP**

- 2&3 Cross R over L, Step L to side, Cross R behind L while sweeping L to back  
4&5 Cross L behind R, Step R to side, Cross L over R while sweeping R to front  
6-7 Cross R over L & full turn while sweeping L to back, Step L backwards  
8& Recover on R, Step L forward

Happy dancing

Dancing from the heart

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