

# Lift U Up

**COPPER** **KNOB**  
STEPPERS

**Count:** 32

**Wand:** 4

**Ebene:** Intermediate

**Choreograf/in:** Derek Steele (USA), Brian Randall (USA) & Eryn Miller (USA) - January 2014

**Musik:** Safe and Sound - Capital Cities : (CD: In A Tidal Wave Of Mystery)



**Begin on vocals (32 count intro, one Restart\*)**

**Kick & Touch, Kick & Touch, Toe Strut, Slide Back, Toe Strut, Slide Back**

1&2 Kick R forward, Step R home, Touch L diagonally back left  
3&4 Kick L forward, Step L home, Touch R diagonally back right  
5&6 Touch R forward, Step R down, Slide L toe back  
7&8 Touch L forward, Step L down, Slide R toe back

**Walk R-L, Anchor Step, Turn 1/2 Left, Turn 1/2 Left, Triple 1/2 Turn**

1,2 Step R forward, Step L forward  
3&4 Step R behind L, Step L in place, Step R slightly back  
5,6 Turn 1/2 left stepping L forward (6:00), Turn 1/2 left stepping R back (12:00)  
7&8 Turn 1/2 left stepping L forward (6:00), R step beside L, L step forward

**\*Restart here during 2nd repetition (you'll be facing 9:00 when this happens)**

**Cross, Side, Sailor Turn 1/4 Right, Walk, Walk, Side Rock & Cross**

1,2 Step R across L, Step L side left  
3&4 Step R behind L, Turn 1/4 right (9:00) stepping L side left, Step R side right  
5,6 Step L forward, Step R forward  
7&8 Rock L side left, Recover R, Step L across R

**Side, Behind & Cross, Side, Touch Back, Turn 1/2 Left, Skate R-L**

1,2 Step R side right, Step L behind R  
&3,4 Step R side right, Step L across R, Step R side right  
5,6 Touch L toe back, Turn 1/2 left (3:00) taking weight L  
7,8 Skate R, Skate L

**Begin again and enjoy!**

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