

Lift Me Up

COPPER **KNOB**
BY SHEETS

Count: 24

Wall: 4

Level: Intermediate

Choreographer: Glynn Holt (UK) - August 2007

Music: Lift Me Up - Geri Halliwell



Note: When Geri sings the words **?LIFT ME UP?** raise both hands up in the air and then back down, just when the words **?Lift Me Up?** are sang. Remind the dancers to continue dancing at the same time lol.

Start on Vochals

Right Vine with Brush, Left Vine with Brush

- 1-2 Step Right to Right side, Step Left behind Right.
- 3-4 Step Right to Right side, Brush Left next to Right.
- 5-6 Step Left to Left side, Step Right behind Left.
- 7-8 Step Left to Left side, Brush Right next to Left.

Step Slide Step Brush x 2

- 1-2 Step Right forward, slide Left next to Right.
- 3-4 Step Right forward, Brush Left next to Right.
- 5-6 Step Left forward, slide Right next to Left.
- 7-8 Step Left forward, Brush Right next to Left.

Right Vine with Brush, Left Vine with ¼ Turn Left

- 1-2 Step Right to Right side, Step Left behind Right.
- 3-4 Step Right to Right side, Brush Left next to Right.
- 5-6 Step Left to Left side, Step Right behind Left.
- 7-8 Make ¼ turn to Left, Touch Right next to Left.

End of Dance

?Dance Dedicated to Sally from Magill?, a Very Special Friend.

Glynn Holt, Tel: 07738122591 / [EMail](#)
