

# Lift Me Up, Wakanda

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Ingrid Pakasi (INA) - November 2022

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



## Section 1 : Step back (RF-LF), Side, Rock Cross (RF-LF), Touch, Forward

- 1, 2 & Step RF back, Step LF back, Step RF to side
- 3, 4 & Cross LF over RF, Recover on RF, Step LF to side
- 5, 6 & Cross RF over LF, Recover on LF, Step RF to side
- 7, 8 & Touch LF beside RF and Bend knees, Straighten knees, Step LF forward

**(While bending your knees, fold your arms on your chest and bow your head. While straighten your knees, open your arms and lift up your head)**

## Section 2 : Pivot ½ Left, Forward, Kick, Step Back ( RF-LF), ¼ Turn Right, Sway, Forward

- 1, 2 & Step RF forward, Turn ½ L (weight on L) , Step RF Forward (6.00)
- 3, 4 & Step LF forward and Kick RF slowly, Step RF back, Step LF back
- 5, 6 & Turn ¼ Right step RF to side and sway to Right, Sway hip to Left, Sway hip to Right (9.00)
- 7, 8 & Sway hip to Left, Turn ¼ Right (weight on RF), Step LF forward (12.00)

## Section 3 : ¾ Diamond Turn Right

- 1, 2 & Step RF over LF, Step LF to side, Turn 1/8 R step RF back (1.30)
- 3, 4 & Step LF back, Turn 1/8 R step RF to side, Turn 1/8 R step LF forward (4.30)
- 5,6 & Step RF Forward, Turn 1/8 R Step LF to side, Turn 1/8 R step RF back(6.30)
- 7, 8 & Step LF back , Turn 1/8 R Step RF to side, Step LF Forward (9.00)

## Section 4 : Cross Over & Hitch (RF – LF) , Pivot ¼ Left, Step side, Sweep, Step behind, Step beside.

- 1, 2 & Cross RF over LF – Hitch LF, Step LF in place, Step RF to side
- 3, 4 & Cross LF over RF – Hitch RF, Step RF in place, Step LF to side
- 5, 6 & Step RF forward, Turn ¼ Left, Cross RF over LF
- 7, 8 & Step LF to side and Sweep RF front to back, Step RF behind LF, Step LF beside RF

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