

# 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

### For Information:

Email: [ingpakasi@gmail.com](mailto:ingpakasi@gmail.com)

Facebook: <https://www.facebook.com/ingrid.pakasi>