

Lift Me Up

Compte: 32

Mur: 4

Niveau: Absolute Beginner



Chorégraphe: Nathalie LATERRIERE (FR) - February 2024

Musique: Lift Me Up (Reggae remix- Braxy Jhay) - Rihanna

Start : 16 counts from the piano on the lyrics

S1 : ROCK STEP R, TRIPLE BACK R/L/R, SIDE L, BEHIND R, CHASSE 1/4T L [12:00 - 9:00]

- 1-2 Rock forward onto RF, recover back onto LF
- 3&4 Step back RF, step LF beside RF, step back RF
- 5-6 Step LF to L side, step RF behind LF
- 7&8 Step LF to L side, step RF beside LF, 1/4T L stepping forward onto LF (9 :00)

S2 : SKATE R/L, TRIPLE FORWARD R/L/R, SKATE L/R, CHASSE 1/4T L [9:00 - 6 :00]

- 1-2 Skate RF, skate LF
- 3&4 Step RF forward, step LF beside RF, step RF forward
- 5-6 Skate LF, skate RF
- 7&8 Step LF to L side, step RF beside LF, 1/4T L stepping forward onto LF (6 :00)

S3 : CROSS R, SIDE L, BEHIND SIDE CROSS R, SIDE ROCK L, COASTER STEP L [6:00 - 6:00]

- 1-2 Step RF across LF, step LF to L side
- 3&4 Step RF behind LF, step LF to L side, step RF across LF
- 5-6 Rock LF to L side, recover onto RF
- 7&8 Step back onto LF, step RF beside LF, step forward onto LF

S4 : MODIFIED BACK RHUMBA BOX R, SIDE L, TOG R, CHASSE 1/4T L [6:00 - 3:00]

- 1-2 Step RF to R side, step LF together
- 3&4 Step back onto RF, step LF beside RF, step back onto RF
- 5-6 Step LF to L side, step RF beside LF
- 7&8 Step LF to L side, step RF beside LF, 1/4T L stepping forward onto LF (3 :00)

End of the dance: On wall 9 (starting facing 12:00), at the end of section 4 , replace CHASSE 1/4T L by a TRIPLE STEP ½ T L to finish the dance facing 12:00