

# Lift Me Up

Compte: 32

Mur: 4

Niveau: Intermediate



Chorégraphe: Liz Nighy (DE)

Musique: Lift Me Up - Moby

## 2 KICK BALL CROSS, TOE-HEEL, HEEL SLAP-BRUSH

- 1&2 Kick right foot forward, step right foot next left, cross left foot over right
- 3&4 Kick right foot forward, step right foot next left, cross left foot over right
- 5-6 Toe right foot next left, heel right foot forward
- 7 ½ turn left on left foot-flick right foot heel slapping it with right hand
- 8 Brush right foot forward

## SHUFFLE RIGHT FORWARD, SHUFFLE ½ TURN RIGHT, SAILOR STEP-STEP ½ TURN RIGHT, KICK BALL STEP LEFT

- 9&10 Step right foot forward, step left foot next right, step right foot forward
- 11&12 Step left ¼ turn right forward, step right foot next left, step left foot ¼ turn right back
- 13&14 Step right foot ¼ turn right behind left, step left foot, ¼ turn on place, step right foot forward
- 15&16 Kick left foot forward, step left foot next right, step right foot on place

## CROSS ROCK, SIDE ROCK, CROSS SHUFFLE, POINT-HITCH-POINT

- 1-2 Rock left foot cross over right, recover on right
- 3-4 Rock left foot to left side, recover on right
- 5&6 Cross left foot over right, step right foot to right side, cross left foot over right
- 7&8 Point right foot to right side, hitch right knee beside left leg, point right foot to right side

## & CROSS-BRUSH, ROCK STEP, ¾ TURN RIGHT, FULL TURN RIGHT

- &1 Step right foot next left, cross left foot over right
- 2 Brush right foot diagonal right forward
- 3-4 Rock right foot diagonal right forward, recover on left
- 5-6 Step right foot ½ turn right back, step left foot ¼ turn right
- 7-8 Step right foot ½ turn right, step left foot ½ turn right

**REPEAT**

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