I Get Lifted

Compte: 32	**Mur:** 4	**Niveau:** Improver

Chorégraphe: Sebastiaan Holtland (NL) - January 2008

Musique: I Get Lifted - Kem

Count Intro 32 Start the dance to facing 12:00

KICK & TOUCH FWD, 1/2 UNWIND L, KICK & TOUCH, LOCK STEP FWD

1&2	Kicking forward on Rf, step Rf back in place, touch forward on Lf (12:00)
&3&4	Stepping Lf back in place, close Rf next to Lf, unwind 1/2 left take weight onto Lf (6:00)
5&6	Kicking forward on Rf, step Rf back in place, touch Lf forward take weight onto Rf
7&8	Stepping forward on Lf, lock Rf behind Lf, stepping forward on Lf weight onto Lf (6:00)

1/4 TURN L SIDE ROCK & CROSS, SIDE ROCK / RECOVER, STEP OUT, HOLD, 1/2 TURN L & CROSS, JUMP BOTH FEET APART, HOLD

1&2	Turn 1/4 left rock Rf to the right side, recover on Lf, stepping Rf across Lf weight onto Rf (3:00)
3&4	Rock Lf to the left side, recover on Rf, stepping Lf out the left side take weight onto both feet (3:00)
&5-6	Turn 1/2 left stepping Rf to the right side, stepping Rf across Lf take weight onto Lf, Hold on count 6 (9:00)
&7-8	Jump both feet apart take weight onto both feet, Hold on count 8 take weight onto Lf (9:00)

SAILOR STEP, SAILOR STEP, CROSS, SIDE, 1/2 SAILOR CROSS R

1&2	Stepping Rf behind Lf, stepping Lf to the left side, stepping Rf to the right side Weight onto Rf (9:00)
3&4	Stepping Lf behind Rf, stepping Rf to the right side, stepping Lf to the Left side Weight onto Lf
5-6	Stepping Rf across Lf, stepping Lf to the left side
7-8	Turn 1/2 right stepping Rf behind Lf, stepping Lf to the left side, stepping Rf across Lf Take weigt onto Rf (3:00)

SYNCOPATED ROCK / RECOVER, CROSS, 1/4 TURN L STEP BACK, STEP BACK, WALK WALK, 1/2 PIVOT TURN L, 1/4 TURN, TOUCH

1&2&	Rock forward on Lf, recover on Rf, rock Lf to the left side, recover on Rf (3:00)
3&4	Stepping Lf across Rf, turn 1/4 left stepping back on Rf, stepping back on Lf (12:00)
5-6	Walk forward on Rf, walk forward on Lf weight onto Lf
7&8	Stepping forward on Rf, pivot 1/2 left take weight onto Lf, turn 1/4 continue on Lf Touch Rf next to Lf weight onto Lf (3:00)

REPEAT THE DANCE AND HAVE FUN!!