

# Lift Me Up

拍数: 32      墙数: 2      级数: Improver  
编舞者: Sonny V. (DE) - November 2022  
音乐: Lift Me Up - Rihanna : (From Black Panther: Wakanda Forever)



**Intro: 32 counts of humming, start to dance with the first word "lift" (sec. 22)  
(first wall is danced completely without beat) \***

(it's also possible to start after the first chorus with the word "burning" (sec. 44),  
if you don't like to dance completely without beat or if you like to begin the first chorus with matching arm  
moves)

## No Tags / No Restarts

### [1-8] Fwd., Sweep Forward, Cross, Side, Behind, Sweep Back, Behind, Side

1-2            RF forward – LF sweep from back to front  
3-4            LF cross over RF – RF right  
5-6            LF behind RF – RF sweep from front to back  
7-8            RF cross behind LF – LF left

### [9-16] Cross Rock, Hold, Recover, Side, Cross Rock, Hold, Recover, ¼ Turn Left

1-2            RF cross rock over LF – Hold  
3-4            recover on LF – RF right  
5-6            LF cross rock over RF – Hold  
7-8            Recover on RF – ¼ turn left step on LF (9:00)

### [17-24] Rock Fwd., Hold, Recover, ½ Turn Right with Rock Fwd., Hold, Recover, ¼ Turn Left

1-2            RF rock fwd. – Hold  
3-4            recover on LF – ¼ turn right step on RF (12:00)  
5-6            ¼ turn further right LF rock fwd. (3:00) – Hold  
7-8            Recover on RF – ¼ turn left step on LF (12:00)

### [25-32] ½ Turn Left with Right Basic Nightclub, Left Basic Nightclub

1-2            ½ turn further left and RF big step right (6:00) – Hold  
3-4            LF close behind RF – RF cross over LF  
5-6            LF big step left – Hold  
7-8            RF close behind LF – LF cross over RF

**Start again and enjoy dancing...**

**Your feedback is welcome on this channel or just mail to  
s.vocke@gmx.net / dancing-unicorn@gmx.net**