

# Lift Me Up

COPPER KNOB  
BYEPOSTHEATS

拍数: 64      墙数: 4      级数: Improver Rumba  
编舞者: Jim PAVADÉ (FR) - April 2023  
音乐: Lift Me Up - Rihanna



Intro: 32 counts

The dance starts with the body weight on the LF

## Section 1 ½ diamond

1                    RF to side  
2 3 4                Cross LF over RF, RF to Side , 1/8 turn L & LF back (10:30)  
5                    Hold (option: with Rumba Hip )  
6 7 8                RF back, 1/8 turn L & LF to side, 1/8 turn L & RF forward (07:30)

## Section 2 ½ diamond

1                    Hold (option: with Rumba Hip )  
2 3 4                LF forward ,1/8 turn L & RF to side, 1/8 turn L & LF back (04:30)  
5                    Hold (option: with Rumba Hip )  
6 7 8                RF back, 1/8 turn L & LF to side,1/8 turn L & RF forward (01:30)

## Section 3 Vine to Right, Sweep, Behind-Side-Cross

1                    Hold (option: with Rumba Hip)  
2 3 4                LF cross over RF, RF to side, LF cross behind RF (12:00)  
5                    Sweep RF front to back  
6 7 8                Cross RF behind LF, LF to side, Cross RF over LF

## Section 4 Sweep, Vine to Right, Sweep, Rock Step

1                    Sweep LF back to front  
2 3 4                Cross LF over RF, RF to side, Cross LF behind RF  
5                    Sweep RF front to back with ¼ turn R  
6 7 8                RF back, Recover on LF, Touch RF (03:00)

## Section 5 Rumba Box

1 2 3 4              RF to side, LF together, RF forward , Hold  
5 6 7 8              LF to side, RF together, LF back, Hold

## Section 6 Rumba Box

1 2 3 4              ¼ turn R, RF to side, LF together, RF forward, Hold(06:00)  
5 6 7 8              LF to side, RF together, LF back, Hold