

Bachata Lift Me Up EZ

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: mBah Wir (INA) - November 2023
音乐: Lift Me Up - Rihanna (Bachata Remix) Fitness Zumba



Intro: 32 counts from beginning of music
No Tag – No Restart

S1: SWAY (RIGHT, LEFT, RIGHT, LEFT), BASIC BACHATA RIGHT

1-4 Step R to side&sway R (1), Sway L (2), Sway R (3), Sway L (4)
5-8 Step R to side (5), Step L next to R (6), Step R to side (7), Touch L beside R&Hip bumps (8)

S2: SWAY (LEFT, RIGHT, LEFT, RIGHT), BASIC BACHATA LEFT

1-4 Step L to side&sway L (1), Sway R (2), Sway L (3), Sway R (4)
5-8 Step L to side (5), Step R next to L (6), Step L to side (7), Touch R beside L&Hip bumps (8)

S3: WALK FORWARD (RIGHT, LEFT, RIGHT), TOUCH BEHIND, WALK BACKWARD (LEFT, RIGHT, LEFT), TOUCH

1-4 Walk forward on R (1), L (2), R(3), Touch L behind R (4)
5-8 Walk backward on L (5), R (6), L (7), Touch R toe in front of L&hip bumps (8)

S4: FORWARD, TOGETHER, TURN ¼ RIGHT SIDE, TOUCH, TURN ¼ LEFT FORWARD, TOGETHER, TURN ¼ LEFT SIDE, TOUCH

1-4 Step R forward (1), Step L beside R (2), Make ¼ turn right step R to side (3), Touch L beside R (4) 3.00
5-8 Make ¼ turn left step L forward (5), Step R beside L (6), Make ¼ turn left step L to side (7), Touch R in place&hip bumps (8) 9.00

Begin again and have fun!

For more questions about this dance please contact me at: jfdc2009@gmail.com .or.
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