

Lift Me Up

COPPERKNOB
BYEPOSTETS

拍数: 32 墙数: 2 级数: Advanced NC2S
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音乐: Lift Me Up - Darius Rucker



¼ TURN, SWEEP, CROSS, ¼ TURN BACKWARD, ¼ TURN INTO ¾ PIROUETTE TURN, BACKWARD X3, ¼ TURN BASIC, ¼ TURN, BEND KNEES, HITCH, 1/8 TURN, BATTEMENT

1 RF ¼ Turn R, step forward (3.00) LF Sweep forward
2 LF Cross over R
& RF ¼ Turn L, step backwards (12.00)
3 LF ¼ Turn L, step forward (9.00) RF Hitch with ¾ pirouette L (12.00)
4 RF Step backwards
& LF Step backwards
a RF Step backwards
5 LF ¼ Turn L Step L
6 RF Step together
& LF Cross over R
7 RF ¼ Turn R, step forward
& LF Touch together BF Bend knees
8 LF Hitch
& LF 1/8 Turn L, Kick L (10.30)

SIDE CROSS SIDE, 5/8 TURN FORWARD, 1 ¾ PIVOT TURN, BASIC, FLICK, FULL SPIRAL TURN, FULL CHAINÉE TURN...

9 LF Step L
10 RF Cross over L
& LF Step L
11 RF 5/8 Turn R, Step forward (3.00)
12 LF ½ Turn R, Step backwards (9.00)
& RF ½ Turn R, Step forward (3.00)
a LF ½ Turn R, Step backwards (9.00)
13 RF ¼ Turn R, Step R (12.00)
14 LF Step together
& RF Cross over
15 LF 1/8 Turn L, Step forward (10.30) RF Flick
& RF Step forward
16 RF Full spiral turn
& LF Step forward
a RF Full Turn, Step together

***5/8 RUN AROUND TURN, ¼ TURN SERPENTINE, SIDE, 1/8 TURN FORWARD HITCH, FORWARD X2**

17 LF Step forward
& RF 1/8 Turn L, Step forward (9.00)
18 LF 1/4 Turn L, Step forward (6.00)
& RF 1/8 Turn L, Step forward (4.30)
19 LF 1/8 Turn L, Step forward (3.00) RF Sweep forward with 3/8 turn L (10.30)
20 RF Step forward
& LF 1/8 Turn R, Step L (12.00)
21 RF Cross behind LF Sweep backwards
22 LF Cross behind
& RF Step R

23 LF 1/8 Turn R, Step forward (1.30) RF Hitch
24 RF Step forward
& LF Step forward

FORWARD, KICK, BACKWARDS X2, 1/8 TURN SIDE, CROSS, ¼ TURN BACKWARDS, 5/8 TURN, FULL ATTITUDE TURN, ROCK RECOVER, 1/8 TURN, SWAY X2

25 RF Step forward LF Kick backwards
26 LF Step backwards
& RF Step backwards
27 LF 1/8 Turn L, Step L (12.00)
28 RF Cross over
& LF ¼ Turn R, Step backwards (3.00)
29 RF 5/8 Turn R, Step forward (7.30) Into full attitude turn
30 LF Step forward
& RF Recover weight
31 LF 1/8 Turn L, Step R (6.00)
32 RF Weighted sway R
& LF Weighted sway L
