

# Lift Me Up

COPPERKNOB  
BYEPOSTETS

拍数: 32      墙数: 2      级数: Advanced NC2S  
编舞者: Christina Boudewijns (NL) & Paula Puelinckx (NL) - July 2024  
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

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