

# Lift Me Up

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Tina Argyle (UK)  
音乐: Lift Me Up - Geri Halliwell



## HEEL SWITCHES, FORWARD ROCK TWICE

1&2      Touch left heel forward, place left next to right, touch right heel forward  
&3-4      Place right next to left, rock forward onto left, rock back onto right  
&5&6      Place left next to right, touch right heel forward, place right next to left, touch left heel forward  
&7-8      Place left next to right, rock forward onto right, rock back onto left

## SHUFFLE BACK, TOUCH ½ TURN, SHUFFLE FORWARD, SIDE ROCK

9&10      Step back right, close left beside right, step back right  
11-12      Touch left toe back, ½ turn left onto left foot  
13&14      Step forward right, close left beside right, step forward right  
15-16      Rock left to left side, rock onto right in place

## CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE ¼ TURN, WALK FORWARD

17&18      Cross left over right, step right to right side, cross left over right  
19-20      Rock right to right side, rock onto left in place  
21&22      Cross right over left, step left to left side, step forward right making ¼ turn to left  
23-24      Step forward left, step forward right

## FORWARD ROCK, SHUFFLE ½ TURN, FULL TURN, SHUFFLE FORWARD

25-26      Rock forward onto left, rock back onto right  
27&28      Shuffle step ½ turn left - stepping left, right left  
29-30      ½ turn left stepping back onto right, on ball of right ½ turn, left stepping forward onto left  
31&32      Step forward right close left beside right, step forward right

## REPEAT

## TAG

At the end of the 9th wall (3rd time you face the front) add 4 x ¼ pivots stepping left turning right after count 32. Start dance again at count 1 facing 9:00 wall

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