

Lift Me Up

拍数: 64 墙数: 2 级数:
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音乐: Lift Me Up - Olivia Newton-John & Darren Hayes



- 1-2 Step/rock forward on left, replace weight to right
&3-4 Turn ½ turn left & step left forward, step right forward, pivot ¼ turn left
5-6 Step/rock forward on right, replace weight to left
&7-8 Step right beside left, step left forward, pivot ½ turn right taking weight to right
- 1&2 Moving forward and turning ½ turn right - shuffle left, right, left,
3-4 Rock back on right, rock forward on left
5&6 Moving forward & turning ½ turn left - shuffle right, left, right
7-8 Touch left back, pivot ½ turn left keeping weight on right
- 1&2 Step left back, step right beside left, step left forward (coaster step)
3-4 Step right forward, pivot ¼ turn left
5&6 Step right across left, step left to left side, step right across left (cross shuffle)
7-8 Step/rock left to left side, replace weight to right
- 1&2 Step left behind right, step right to right side, step left forward (modified sailor step)
3&4 Shuffle forward right, left, right
5-6 Step left forward, pivot ½ turn right
7&8 Moving forward & turning ½ turn right - shuffle left, right, left
- 1-2 Rock back on right, rock forward on left
&3-4 Turn ¼ turn left & step right beside left, rock back on left, rock forward on right
&5-6 Turn ¼ turn right & step left beside right, rock back on right, rock forward on left
7-8 Moving forward step right then left with a full turn left
- 1-2 Step right to right side, step left behind right
&3&4 Step right to right side & tap left heel at 45 degrees left, step left back, step right across left
5-6 Step left to left side, step right behind left
&7&8 Step left to left side & tap right heel at 45 degrees right, step right back, step left across right
- 1&2 Shuffle to right side - right, left, right
&3&4 Turn ½ turn left & shuffle to left side - left, right, left
5-6 Step/rock right forward across left foot, replace weight to left
7-8 Moving right step right then left with a full turn right
- 1&2 Shuffle to right side -right, left, right
3&4 Step left behind right, step right to right side, replace weight to left (sailor step)
5&6 Step right across left, step left to left side, step right across left (cross shuffle)
7-8 Step left to left side, drag right beside left taking weight to right

REPEAT

RESTART

On the second wall facing the back, you will dance up to count 48, but do not step left across right on count 48. Replace it with a hold (right heel should be out). Then change weight to right foot to restart the dance again.

