

Lifted

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ron Kline (USA)
音乐: I Get Lifted - George McCrae



Position: Weight on right, with left toe extended to left side

SAILOR PUSH WITH TURN, VARIATED SAILOR, STEP, CROSS, BACK, TURN

1&2 Step left behind right, step side right, pushing off with right turn $\frac{1}{4}$ right stepping back left
3&4 Step right behind left, step side on ball of left, step forward right
5-8 Step forward left, cross step right over left, step back left, pivoting $\frac{1}{4}$ right step side right

SLOW WALK FORWARD WITH BUMPS, ROCK STEP TURN, TOUCH, SLIDE

&1 Bring left towards right, touch left toe forward bumping left hip forward diagonally left
&2 Bump left hip again stepping left heel down
&3 Bring right towards left, touch right toe forward bumping right hip forward diagonally right
&4 Bump right hip again stepping right heel down
5&6 Rock forward left, recover weight right making $\frac{1}{4}$ turn left, make another $\frac{1}{4}$ turn left stepping left into third position (body will be angled slightly right)
7-8 (Straightening body forward) touch forward right, slide wide side right

TOUCH, SWEEP WITH TURN, ROCK ROCK PUSH WITH TURN, VARIATED SAILOR, STEP, SLIDE

1-2 Touch forward left, pivot $\frac{1}{2}$ left sweeping left into raised third position (left heel raised over right instep) and toe pointing diagonally left
3&4 Rock forward left, rock back right, pushing off with right pivot $\frac{1}{2}$ right stepping slightly back left
5&6 Step right behind left, step side on ball of left, step forward right
7-8 Step forward left, slide wide side right

CROSS BEHIND, HOLD, STEP SIDE WITH BODY ROLL & TURN, WALK, ROCK SIDE, STEP SIDE

1-2 Cross step left behind right, hold
3&4 Step side right while making a body roll to right turning $\frac{1}{4}$ left and keeping weight back on right
Or simply step side right, bump hips right, turn $\frac{1}{4}$ left keeping weight back on right
5-6 Walk forward left, right
7-8 Rock side left, small step side right

REPEAT
