

# Lifting Me Higher

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Glynn Rodgers (UK)  
音乐: Higher & Higher - Jackie Wilson



## MAMBO ½ TURN, LOCK STEP, FULL TURN, MAMBO STEP

1&2      Rock forward right, recover weight onto left, make ½ turn right stepping forward right  
3&4      Step forward left, lock right behind left, step forward left  
5-6      Make full turn forward stepping right-left  
7&8      Rock forward right, recover weight onto left, step right to place

## COASTER STEP, PIVOT ¼ TURN, CROSS, CHASSE LEFT, ROCK & SIDE STEP

1&2      Step back left, close right to left, step forward left  
3&4      Step forward right, pivot ¼ turn left, cross right over left  
5&6      Step left to left side, close right to left, step left to left side  
7&8      Rock back right, recover weight onto left, step right to right side

## WEAVE RIGHT, ROCK & CROSS, HINGE TURN, SHUFFLE FORWARD

1&2      Cross left behind right, step right to right side, cross left over right  
3&4      Rock right to right side, recover weight onto left, cross right over left  
5-6      Make ¼ turn right stepping back left, make ¼ turn right stepping forward right  
7&8      Step forward left, close right to left, step forward left

## WALK FORWARD, SUGAR FOOT, WALK FORWARD, SUGAR FOOT

1-2      Walk forward right-left  
3&4      Touch right toe to left instep, dig right heel to instep, step forward right  
5-6      Walk forward left-right  
7&8      Touch left toe to right instep, dog left heel to instep, step forward left

**REPEAT**

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