

Lift Me Up

COPPER KNOB
STEPSHEETS

拍数: 24 墙数: 4 级数: Intermediate
编舞者: Glynn Holt (UK) - August 2007
音乐: Lift Me Up - Geri Halliwell



Note: When Geri sings the words **?LIFT ME UP?** raise both hands up in the air and then back down, just when the words **?Lift Me Up?** are sang. Remind the dancers to continue dancing at the same time lol.

Start on Vochals

Right Vine with Brush, Left Vine with Brush

1-2 Step Right to Right side, Step Left behind Right.
3-4 Step Right to Right side, Brush Left next to Right.
5-6 Step Left to Left side, Step Right behind Left.
7-8 Step Left to Left side, Brush Right next to Left.

Step Slide Step Brush x 2

1-2 Step Right forward, slide Left next to Right.
3-4 Step Right forward, Brush Left next to Right.
5-6 Step Left forward, slide Right next to Left.
7-8 Step Left forward, Brush Right next to Left.

Right Vine with Brush, Left Vine with ¼ Turn Left

1-2 Step Right to Right side, Step Left behind Right.
3-4 Step Right to Right side, Brush Left next to Right.
5-6 Step Left to Left side, Step Right behind Left.
7-8 Make ¼ turn to Left, Touch Right next to Left.

End of Dance

?Dance Dedicated to Sally from Magill?, a Very Special Friend.

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