

# Lift Me Up

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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