

Lift Me Up

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate / Advanced
编舞者: Ria Vos (NL) - June 2010
音乐: Lift Me Up - Christina Aguilera : (CD: Bionic)



Intro: Very quick start on the word: "Pain"

Cross, ¼ R, Side, Cross Rock, Side, Touch, ¼ R Fwd 1/4 R with L Hitch, Cross, Step Back x2, Cross, Unwind Full Turn L, Side Step

1-2& Cross R Over L, ¼ Turn Right Step back On L, Step R to Right Side (3:00)
3& Cross Rock L Over R, Recover on R
4& Step L to Left Side, Touch R Next to L
5-6 ¼ Turn R Step Fwd on R Turn another ¼ Right with L Hitch, Cross L Over R (9:00)
7& Step Back on R, Step Back on L
8&1 Cross R Over L, Unwind Full Turn Left (weight on L), Step R Long Step to Right Side

Behind-Side-Cross with Sweep, Cross, Side, 1/8 Turn R Step Back, Back, 1/8 Turn R Step Side, Cross Rock, ¼ Turn L, Step Full Spiral Turn L

2&3 Step L Behind R, Step R to Right Side, Cross L Over R with R Sweep
4&5 Cross R Over L, Step L to Left Side, 1/8 Turn Right Step back on R (10:30)
6&7 Step Back on L, 1/8 Turn Right Step R to Right Side, Cross Rock L Over R (12:00)
8& Recover on R, ¼ Turn L Step Fwd on L (9:00)
1 Step Fwd on R with weight on R make a Full Spiral Turn Left

(Easier Option for Count 1: Step Fwd R with No Turn)

Run Fwd L, R, Side, Rock Back, ¼ Turn R, Step ½ Turn R, Side, Touch, Point, Hitch

2&3 Run Fwd L, Run Fwd R, Step L to Left Side
4&5 Rock Back on R, Recover on L, ¼ Turn Right Step Fwd on R (12:00)
6&7 Step Fwd on L, Pivot ½ Turn Right, Step L to Left Side (6:00)
&8& Touch R Next to L, Point R to Right Side, Hitch R

Rock Back, ½ Turn L, Coaster Cross, Side, Rock Back, ½ Turn R, Rock Back, ½ Turn L, ¼ Turn L

1-2& Rock Back on R, Recover on L, ½ Turn Left Step Back on R (12:00)
3&4& Step Back on L, Step R Next to L, Cross L Over R, Step R to Right Side
5-6& Rock Back on L, Recover on R, ½ Turn Right Step Back on L (6:00)
7& Rock Back on R, Recover on L
8& ½ Turn Left Step Back on R, ¼ Turn Left Step L to Left Side (9:00)

Ending: You will end with the Spiral Turn in section 2, replace the Full Turn with a ¾ Turn to End facing front