

# Lift U Up

**COPPER** KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: Safe and Sound - Capital Cities : (CD: In A Tidal Wave Of Mystery)



**Begin on vocals (32 count intro, one Restart\*)**

**Kick & Touch, Kick & Touch, Toe Strut, Slide Back, Toe Strut, Slide Back**

1&2      Kick R forward, Step R home, Touch L diagonally back left  
3&4      Kick L forward, Step L home, Touch R diagonally back right  
5&6      Touch R forward, Step R down, Slide L toe back  
7&8      Touch L forward, Step L down, Slide R toe back

**Walk R-L, Anchor Step, Turn 1/2 Left, Turn 1/2 Left, Triple 1/2 Turn**

1,2      Step R forward, Step L forward  
3&4      Step R behind L, Step L in place, Step R slightly back  
5,6      Turn 1/2 left stepping L forward (6:00), Turn 1/2 left stepping R back (12:00)  
7&8      Turn 1/2 left stepping L forward (6:00), R step beside L, L step forward

**\*Restart here during 2nd repetition (you'll be facing 9:00 when this happens)**

**Cross, Side, Sailor Turn 1/4 Right, Walk, Walk, Side Rock & Cross**

1,2      Step R across L, Step L side left  
3&4      Step R behind L, Turn 1/4 right (9:00) stepping L side left, Step R side right  
5,6      Step L forward, Step R forward  
7&8      Rock L side left, Recover R, Step L across R

**Side, Behind & Cross, Side, Touch Back, Turn 1/2 Left, Skate R-L**

1,2      Step R side right, Step L behind R  
&3,4      Step R side right, Step L across R, Step R side right  
5,6      Touch L toe back, Turn 1/2 left (3:00) taking weight L  
7,8      Skate R, Skate L

**Begin again and enjoy!**

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