

Lift Rihanna Up

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Easy Intermediate
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音樂: Lift Me Up - Rihanna : (From Black Panther Wakanda Forever)



Intro: 32 counts - No Tag, No Restart

Part I - STEP-HITCH, STEP, RUN (R L R), RECOVER, BACK, CROSS BEHIND, SIDE-BEND, ¼ TURN, ½ TURN, ¼ TURN

1-2&3 Step R forward while hitching L, Step L, R, L (bend the knee)
4&5 Recover on R, Step L backwards, Step R backwards while sweeping L to back
6&7 Cross L behind R, Step R to side, Bending the R knee with body alignment to 3.00
8&1 ¼ turn left & Step L forward (9.00), ½ turn left & step R backwards (3.00), ¼ turn left & Step L to side (12.00)

Part II - DIAMOND FALL AWAY

2&3 1/8 turn right & step R backwards (1.30), Step L backwards, 1/8 turn right & step R to side (3.00)
4&5 1/8 turn right & step L forward (4.30), Step R forward, 1/8 turn right & step L to side (6.00)
6&7 1/8 turn right & step R backwards (7.30), Step L backwards, 1/8 turn right & step R to side (9.00)
8&1 1/8 turn right & step L forward (10.30), Step R forward, 1/8 turn right & step L to side (12.00)

Part III - ¼ TURN - ½ TURN - ¼ TURN, ¼ TURN - ¼ TURN, BACK, BACK MAMBO, STEP, RUN (L, R, L), SWEEP

2&3 ¼ turn right & step R forward (3.00), ½ turn right & step L backwards (9.00), ¼ turn right & step R to side (12.00)
4&5 ¼ turn left & step L forward (9.00), ¼ turn left & step R together (6.00), Step L backwards
6&7 Step R backwards, Recover on L, Step R forward
8&1 Step L, R, L while sweeping R to front

Part IV - CROSS-SIDE-BEHIND-SWEEP, BEHIND-SIDE-CROSS-SWEEP, FULL TURN-SWEEP-BACK, RECOVER, STEP

2&3 Cross R over L, Step L to side, Cross R behind L while sweeping L to back
4&5 Cross L behind R, Step R to side, Cross L over R while sweeping R to front
6-7 Cross R over L & full turn while sweeping L to back, Step L backwards
8& Recover on R, Step L forward

Happy dancing

Dancing from the heart

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