

Lift Me Up

COPPER **KNOB**
BY STEPHEN

拍數: 64 牆數: 4 級數: Improver Rumba
編舞者: Jim PAVADÉ (FR) - April 2023
音樂: Lift Me Up - Rihanna



Intro: 32 counts

The dance starts with the body weight on the LF

Section 1 ½ diamond

1 RF to side
2 3 4 Cross LF over RF, RF to Side , 1/8 turn L & LF back (10:30)
5 Hold (option: with Rumba Hip)
6 7 8 RF back, 1/8 turn L & LF to side, 1/8 turn L & RF forward (07:30)

Section 2 ½ diamond

1 Hold (option: with Rumba Hip)
2 3 4 LF forward , 1/8 turn L & RF to side, 1/8 turn L & LF back (04:30)
5 Hold (option: with Rumba Hip)
6 7 8 RF back, 1/8 turn L & LF to side, 1/8 turn L & RF forward (01:30)

Section 3 Vine to Right, Sweep, Behind-Side-Cross

1 Hold (option: with Rumba Hip)
2 3 4 LF cross over RF, RF to side, LF cross behind RF (12:00)
5 Sweep RF front to back
6 7 8 Cross RF behind LF, LF to side, Cross RF over LF

Section 4 Sweep, Vine to Right, Sweep, Rock Step

1 Sweep LF back to front
2 3 4 Cross LF over RF, RF to side, Cross LF behind RF
5 Sweep RF front to back with ¼ turn R
6 7 8 RF back, Recover on LF, Touch RF (03:00)

Section 5 Rumba Box

1 2 3 4 RF to side, LF together, RF forward , Hold
5 6 7 8 LF to side, RF together, LF back, Hold

Section 6 Rumba Box

1 2 3 4 ¼ turn R, RF to side, LF together, RF forward, Hold(06:00)
5 6 7 8 LF to side, RF together, LF back, Hold