

Lift You Up

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner - Contra - Non-Country
編舞者: Anais Cordebard (USA) - February 2024
音樂: Safe and Sound - Capital Cities



Dedicated to Lani Chang, thanks for being the best student!
UCWDC Worlds 2024 – Non-Country Newcomer/Novice 4th Place

#32ct intro – CONTRA LINE: Start in 2 lines facing each other in windows

WALK X3, KICK, BACK X2, COASTER STEP

1,2,3,4 Step RF forward, Step LF forward, Step RF forward, Kick LF forward

5,6,7&8 Step LF back, Step RF back, Step LF back, Step RF next to LF, Step LF forward (12:00)

(Styling option: backward fan walks count 5-with weight on RF heel rotate Rt toes to Rt side while stepping back on LF, count 6-with weight on Lt heel rotate Lt toes to Lt side while stepping back on RF.

During the first four counts when the lyrics say "I could lift you up" Lift straight arms from down to in front of chest to up over head during walks on counts 1,2,3,4 and then drop by sides)

KICK-STEP-ROCK-STEP X2, JAZZ BOX

1&2& Kick RF forward, Step RF slightly forward, Step LF to L side, Step RF in place

3&4& Kick LF forward, Step LF slightly forward, Step RF to R side, Step LF in place

5,6,7,8 Cross RF over LF, Step LF back, Step RF to R side, Step LF forward (12:00)

RESTART HERE on wall 2

[Absolute Beginner option for the Kick-Step-Rock-Steps would be simple Step Points: Step RF forward (1), Point L toe out to L side (2), Step LF forward (3), Point R toe out to R side (4)]

STEP, ¼ PIVOT, CROSS SHUFFLE, ROCK, RECOVER, BEHIND, SIDE, CROSS

1,2,3&4 Step RF forward, Turn ¼ L and Step LF to L side, Cross RF over LF, Step LF to L side,
Cross RF over LF

5,6,7&8 Step LF to L side, Step RF to R side, Step LF behind RF, Step RF to R side, Cross LF over
RF (9:00)

STEP-ARMS UP, TOUCH-ARMS DOWN w/ SNAP X2, ¾ WALK AROUND

1,2, Step RF to R side and raise both hands above head, Touch L toes behind RF and bring
hands down by sides and snap fingers

3,4 Step LF to L side and raise both hands above head, Touch R toes behind LF and bring
hands down by sides and snap fingers

5,6,7,8 Walk 4 steps in a circle RF, LF, RF, LF turning ¾ to the R (6:00)

Start Again

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