

# Lift Me Up

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Nathalie LATERRIERE (FR) - February 2024  
音樂: Lift Me Up (Reggae remix- Braxy Jhay) - Rihanna



**Start : 16 counts from the piano on the lyrics**

**S1 : ROCK STEP R, TRIPLE BACK R/L/R, SIDE L, BEHIND R, CHASSE 1/4T L [12:00 - 9:00]**

1-2            Rock forward onto RF, recover back onto LF  
3&4            Step back RF, step LF beside RF, step back RF  
5-6            Step LF to L side, step RF behind LF  
7&8            Step LF to L side, step RF beside LF, 1/4T L stepping forward onto LF (9 :00)

**S2 : SKATE R/L, TRIPLE FORWARD R/L/R, SKATE L/R, CHASSE 1/4T L [9:00 - 6 :00]**

1-2            Skate RF, skate LF  
3&4            Step RF forward, step LF beside RF, step RF forward  
5-6            Skate LF, skate RF  
7&8            Step LF to L side, step RF beside LF, 1/4T L stepping forward onto LF (6 :00)

**S3 : CROSS R, SIDE L, BEHIND SIDE CROSS R, SIDE ROCK L, COASTER STEP L [6:00 - 6:00]**

1-2            Step RF across LF, step LF to L side  
3&4            Step RF behind LF, step LF to L side, step RF across LF  
5-6            Rock LF to L side, recover onto RF  
7&8            Step back onto LF, step RF beside LF, step forward onto LF

**S4 : MODIFIED BACK RHUMBA BOX R, SIDE L, TOG R, CHASSE 1/4T L [6:00 - 3:00]**

1-2            Step RF to R side, step LF together  
3&4            Step back onto RF, step LF beside RF, step back onto RF  
5-6            Step LF to L side, step RF beside LF  
7&8            Step LF to L side, step RF beside LF, 1/4T L stepping forward onto LF (3 :00)

**End of the dance: On wall 9 ( starting facing 12:00), at the end of section 4 , replace CHASSE 1/4T L by a TRIPLE STEP ½ T L to finish the dance facing 12:00**