

Lift Me Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Tina Argyle (UK)
音樂: Lift Me Up - Geri Halliwell



HEEL SWITCHES, FORWARD ROCK TWICE

1&2 Touch left heel forward, place left next to right, touch right heel forward
&3-4 Place right next to left, rock forward onto left, rock back onto right
&5&6 Place left next to right, touch right heel forward, place right next to left, touch left heel forward
&7-8 Place left next to right, rock forward onto right, rock back onto left

SHUFFLE BACK, TOUCH ½ TURN, SHUFFLE FORWARD, SIDE ROCK

9&10 Step back right, close left beside right, step back right
11-12 Touch left toe back, ½ turn left onto left foot
13&14 Step forward right, close left beside right, step forward right
15-16 Rock left to left side, rock onto right in place

CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE ¼ TURN, WALK FORWARD

17&18 Cross left over right, step right to right side, cross left over right
19-20 Rock right to right side, rock onto left in place
21&22 Cross right over left, step left to left side, step forward right making ¼ turn to left
23-24 Step forward left, step forward right

FORWARD ROCK, SHUFFLE ½ TURN, FULL TURN, SHUFFLE FORWARD

25-26 Rock forward onto left, rock back onto right
27&28 Shuffle step ½ turn left - stepping left, right left
29-30 ½ turn left stepping back onto right, on ball of right ½ turn, left stepping forward onto left
31&32 Step forward right close left beside right, step forward right

REPEAT

TAG

At the end of the 9th wall (3rd time you face the front) add 4 x ¼ pivots stepping left turning right after count 32. Start dance again at count 1 facing 9:00 wall