

Lift Me Up

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Liz Nighy (DE)
音樂: Lift Me Up - Moby



2 KICK BALL CROSS, TOE-HEEL, HEEL SLAP-BRUSH

1&2 Kick right foot forward, step right foot next left, cross left foot over right
3&4 Kick right foot forward, step right foot next left, cross left foot over right
5-6 Toe right foot next left, heel right foot forward
7 ½ turn left on left foot-flick right foot heel slapping it with right hand
8 Brush right foot forward

SHUFFLE RIGHT FORWARD, SHUFFLE ½ TURN RIGHT, SAILOR STEP-STEP ½ TURN RIGHT, KICK BALL STEP LEFT

9&10 Step right foot forward, step left foot next right, step right foot forward
11&12 Step left ¼ turn right forward, step right foot next left, step left foot ¼ turn right back
13&14 Step right foot ¼ turn right behind left, step left foot, ¼ turn on place, step right foot forward
15&16 Kick left foot forward, step left foot next right, step right foot on place

CROSS ROCK, SIDE ROCK, CROSS SHUFFLE, POINT-HITCH-POINT

1-2 Rock left foot cross over right, recover on right
3-4 Rock left foot to left side, recover on right
5&6 Cross left foot over right, step right foot to right side, cross left foot over right
7&8 Point right foot to right side, hitch right knee beside left leg, point right foot to right side

& CROSS-BRUSH, ROCK STEP, ¾ TURN RIGHT, FULL TURN RIGHT

&1 Step right foot next left, cross left foot over right
2 Brush right foot diagonal right forward
3-4 Rock right foot diagonal right forward, recover on left
5-6 Step right foot ½ turn right back, step left foot ¼ turn right
7-8 Step right foot ½ turn right, step left foot ½ turn right

REPEAT
