

# Lifted

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Ron Kline (USA)  
音樂: I Get Lifted - George McCrae



**Position: Weight on right, with left toe extended to left side**

## **SAILOR PUSH WITH TURN, VARIATED SAILOR, STEP, CROSS, BACK, TURN**

1&2      Step left behind right, step side right, pushing off with right turn  $\frac{1}{4}$  right stepping back left  
3&4      Step right behind left, step side on ball of left, step forward right  
5-8      Step forward left, cross step right over left, step back left, pivoting  $\frac{1}{4}$  right step side right

## **SLOW WALK FORWARD WITH BUMPS, ROCK STEP TURN, TOUCH, SLIDE**

&1      Bring left towards right, touch left toe forward bumping left hip forward diagonally left  
&2      Bump left hip again stepping left heel down  
&3      Bring right towards left, touch right toe forward bumping right hip forward diagonally right  
&4      Bump right hip again stepping right heel down  
5&6      Rock forward left, recover weight right making  $\frac{1}{4}$  turn left, make another  $\frac{1}{4}$  turn left stepping left into third position (body will be angled slightly right)  
7-8      (Straightening body forward) touch forward right, slide wide side right

## **TOUCH, SWEEP WITH TURN, ROCK ROCK PUSH WITH TURN, VARIATED SAILOR, STEP, SLIDE**

1-2      Touch forward left, pivot  $\frac{1}{2}$  left sweeping left into raised third position (left heel raised over right instep) and toe pointing diagonally left  
3&4      Rock forward left, rock back right, pushing off with right pivot  $\frac{1}{2}$  right stepping slightly back left  
5&6      Step right behind left, step side on ball of left, step forward right  
7-8      Step forward left, slide wide side right

## **CROSS BEHIND, HOLD, STEP SIDE WITH BODY ROLL & TURN, WALK, ROCK SIDE, STEP SIDE**

1-2      Cross step left behind right, hold  
3&4      Step side right while making a body roll to right turning  $\frac{1}{4}$  left and keeping weight back on right

**Or simply step side right, bump hips right, turn  $\frac{1}{4}$  left keeping weight back on right**

5-6      Walk forward left, right  
7-8      Rock side left, small step side right

**REPEAT**