

Lifting Me Higher

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Glynn Rodgers (UK)
音樂: Higher & Higher - Jackie Wilson



MAMBO ½ TURN, LOCK STEP, FULL TURN, MAMBO STEP

1&2 Rock forward right, recover weight onto left, make ½ turn right stepping forward right
3&4 Step forward left, lock right behind left, step forward left
5-6 Make full turn forward stepping right-left
7&8 Rock forward right, recover weight onto left, step right to place

COASTER STEP, PIVOT ¼ TURN, CROSS, CHASSE LEFT, ROCK & SIDE STEP

1&2 Step back left, close right to left, step forward left
3&4 Step forward right, pivot ¼ turn left, cross right over left
5&6 Step left to left side, close right to left, step left to left side
7&8 Rock back right, recover weight onto left, step right to right side

WEAVE RIGHT, ROCK & CROSS, HINGE TURN, SHUFFLE FORWARD

1&2 Cross left behind right, step right to right side, cross left over right
3&4 Rock right to right side, recover weight onto left, cross right over left
5-6 Make ¼ turn right stepping back left, make ¼ turn right stepping forward right
7&8 Step forward left, close right to left, step forward left

WALK FORWARD, SUGAR FOOT, WALK FORWARD, SUGAR FOOT

1-2 Walk forward right-left
3&4 Touch right toe to left instep, dig right heel to instep, step forward right
5-6 Walk forward left-right
7&8 Touch left toe to right instep, dog left heel to instep, step forward left

REPEAT
