

# Lift Me Up

**COPPER KNOB**  
STEPPERS

拍數: 24      牆數: 4      級數: Intermediate  
編舞者: Glynn Holt (UK) - August 2007  
音樂: Lift Me Up - Geri Halliwell



Note: When Geri sings the words **?LIFT ME UP?** raise both hands up in the air and then back down, just when the words **?Lift Me Up?** are sang. Remind the dancers to continue dancing at the same time lol.

## Start on Vochals

### Right Vine with Brush, Left Vine with Brush

1-2      Step Right to Right side, Step Left behind Right.  
3-4      Step Right to Right side, Brush Left next to Right.  
5-6      Step Left to Left side, Step Right behind Left.  
7-8      Step Left to Left side, Brush Right next to Left.

### Step Slide Step Brush x 2

1-2      Step Right forward, slide Left next to Right.  
3-4      Step Right forward, Brush Left next to Right.  
5-6      Step Left forward, slide Right next to Left.  
7-8      Step Left forward, Brush Right next to Left.

### Right Vine with Brush, Left Vine with ¼ Turn Left

1-2      Step Right to Right side, Step Left behind Right.  
3-4      Step Right to Right side, Brush Left next to Right.  
5-6      Step Left to Left side, Step Right behind Left.  
7-8      Make ¼ turn to Left, Touch Right next to Left.

## End of Dance

?Dance Dedicated to Sally from Magill?, a Very Special Friend.

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