

# I Get Lifted

拍數: 32      牆數: 4      級數: Improver  
編舞者: Sebastiaan Holtland (NL) - January 2008  
音樂: I Get Lifted - Kem



Count Intro 32 Start the dance to facing 12:00

## **KICK & TOUCH FWD, 1/2 UNWIND L, KICK & TOUCH, LOCK STEP FWD**

- 1&2      Kicking forward on Rf, step Rf back in place, touch forward on Lf (12:00)  
&3&4      Stepping Lf back in place, close Rf next to Lf, unwind 1/2 left take weight onto Lf (6:00)  
5&6      Kicking forward on Rf, step Rf back in place, touch Lf forward take weight onto Rf  
7&8      Stepping forward on Lf, lock Rf behind Lf, stepping forward on Lf weight onto Lf (6:00)

## **1/4 TURN L SIDE ROCK & CROSS, SIDE ROCK / RECOVER, STEP OUT, HOLD, 1/2 TURN L & CROSS, JUMP BOTH FEET APART, HOLD**

- 1&2      Turn 1/4 left rock Rf to the right side, recover on Lf, stepping Rf across Lf weight onto Rf (3:00)  
3&4      Rock Lf to the left side, recover on Rf, stepping Lf out the left side take weight onto both feet (3:00)  
&5-6      Turn 1/2 left stepping Rf to the right side, stepping Rf across Lf take weight onto Lf, Hold on count 6 (9:00)  
&7-8      Jump both feet apart take weight onto both feet, Hold on count 8 take weight onto Lf (9:00)

## **SAILOR STEP, SAILOR STEP, CROSS, SIDE, 1/2 SAILOR CROSS R**

- 1&2      Stepping Rf behind Lf, stepping Lf to the left side, stepping Rf to the right side Weight onto Rf (9:00)  
3&4      Stepping Lf behind Rf, stepping Rf to the right side, stepping Lf to the Left side Weight onto Lf  
5-6      Stepping Rf across Lf, stepping Lf to the left side  
7-8      Turn 1/2 right stepping Rf behind Lf, stepping Lf to the left side, stepping Rf across Lf Take weight onto Rf (3:00)

## **SYNCOPATED ROCK / RECOVER, CROSS, 1/4 TURN L STEP BACK, STEP BACK, WALK WALK, 1/2 PIVOT TURN L, 1/4 TURN, TOUCH**

- 1&2&      Rock forward on Lf, recover on Rf, rock Lf to the left side, recover on Rf (3:00)  
3&4      Stepping Lf across Rf, turn 1/4 left stepping back on Rf, stepping back on Lf (12:00)  
5-6      Walk forward on Rf, walk forward on Lf weight onto Lf  
7&8      Stepping forward on Rf, pivot 1/2 left take weight onto Lf, turn 1/4 continue on Lf Touch Rf next to Lf weight onto Lf (3:00)

**REPEAT THE DANCE AND HAVE FUN!!**

---