

You Lift Me Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Christine Bass (USA) - April 2008
音樂: You Lift Me Up - Rachael Lampa



(32 count intro)

SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, ROCK STEP

1&2 Step right to right side (1), step left next to right (&), step right to right side (2)
3-4 Rock left back (3), recover right forward (4)
5&6 Step left to left side (5), step right next to left (&), step left to left side (6)
7-8 Rock right back (7), recover left forward (8)

STEP HITCH, COASTER STEP, STEP HITCH, TRIPLE BACK

1-2 Step right forward (1), hitch left (2)
3&4 Step back left (3), step right next to left (&), step left forward (4)
5-8 Step right forward (5), hitch left (6)
7&8 Step left back (7), step back right over left (&), step left back (8)

BACK ROCK, SHUFFLE FORWARD, 1/4 TURN CROSSING SHUFFLE

1-2 Rock right back (1), recover left forward (2)
3&4 Step forward right (3), step left next to right (&), step forward right (4)
5-6 Step forward left (5), turn 1/4 right (6)
7&8 Cross left over right (7), step right to right side (&), cross left over right (8)

SIDE ROCK CROSS, HOLD, SIDE ROCK CROSS, HOLD

1-4 Step right to right side (1), Replace weight to left (2), Cross right over left (3), Hold-clap (4)
5-8 Step left to left side (5), Replace weight to right (6), Cross left over right (7), Hold-clap (8)

START AGAIN & ENJOY!!!!
