

# 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!!!!**

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