

Love Lifted Me

COPPERKNOB
STEPSHEETS

拍數: 60 牆數: 4 級數: Intermediate
編舞者: Theresa Needham (UK) - December 2009
音樂: Love Lifted Me - Kenny Rogers : (CD: Very Best of Kenny Rogers)



12 Count intro

Alternatives - Tania Kernaghan – The last great romantic. CD. Living the dream. 105 BPM. 12 count Intro
And. Leo Sayer - When I need you. CD. Endless Journey. 110 BPM. Start on vocals

TWINKLES L. & R. WALTZ FORWARD 1/8 TURN R. WALTZ BACK 1/8 TURN R.

1 – 2 – 3 (Moving forwards) cross L over R, step R to R side, step L in place
4 – 5 – 6 Cross R over L, step L to L side, step R in place
7 – 8 – 9 Making 1/8 turn R, waltz forward
10 – 11 – 12 Making 1/8 turn R, waltz back

WALTZ FORWARD 1/8 TURN R, WALTZ BACK 1/8 TURN R, TWINKLES L. & R.

1 – 2 – 3 Making 1/8 turn R, waltz forward
4 – 5 – 6 Making 1/8 turn R, waltz back
7 – 8 – 9 Cross L. over R. step R. to R. side step L. in place
10 – 11 – 12 Cross R. over L. step L. to L. side, step R. in place

STEP, SWEEP ½ TURN L, HITCH, STEP LOCK STEP R & L, FORWARD ROCK RECOVER STEP BACK

1 – 2 – 3 Stepping forward on L, sweep ½ turn L, hitch R
4 – 5 – 6 Step forward on R, lock L, behind R, step forward on R.
7 – 8 – 9 Step forward on L, lock R, behind L, step forward on L
10 – 11 – 12 Rock forward on R, recover onto L, step back on R

STEP BACK L, HEEL TAPS X2, STEP BACK R, HEEL TAPS X2, ½ TURN L, WALTZ BACK

1 – 2 – 3 Step back on L, tap R, heel forward twice
4 – 5 – 6 Step back on R, tap L, heel forward twice
7 – 8 – 9 Step forward on L, making ½ turn L, step back on R, step L in place
10 – 11 – 12 Step back on R, step L beside R, step R, in place

STEP BACK ON L, HEEL TAPS X2, STEP BACK ON R, HEEL TAPS X2, STEP ¼ TURN L, FORWARD FULL TURN R,

1 – 2 – 3 Step back on L, tap R, heel forward twice
4 – 5 – 6 Step back on R, tap L, heel forward twice
7 – 8 – 9 Step forward on L making ¼ turn L, step R beside L, Step L in place
10 – 11 – 12 Forward full turn R

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