

LIFT ME UP

LINEDANCE.COM

Count: 32

Wall: 4

Level: intermediate

Choreographer: Liz Nighy

Music: Lift Me Up by Moby

2 KICK BALL CROSS, TOE-HEEL, HEEL SLAP-BRUSH

1&2 Kick right foot forward, step right foot next left, cross left foot over right

3&4 Kick right foot forward, step right foot next left, cross left foot over right

5-6 Toe right foot next left, heel right foot forward

7½ turn left on left foot-flick right foot heel slapping it with right hand

8 Brush right foot forward

SHUFFLE RIGHT FORWARD, SHUFFLE ½ TURN RIGHT, SAILOR STEP-STEP ½ TURN RIGHT, KICK BALL STEP LEFT

9&10 Step right foot forward, step left foot next right, step right foot forward

11&12 Step left ¼ turn right forward, step right foot next left, step left foot ¼ turn right back

13&14 Step right foot ¼ turn right behind left, step left foot, ¼ turn on place, step right foot forward

15&16 Kick left foot forward, step left foot next right, step right foot on place

CROSS ROCK, SIDE ROCK, CROSS SHUFFLE, POINT-HITCH-POINT

1-2 Rock left foot cross over right, recover on right

3-4 Rock left foot to left side, recover on right

5&6 Cross left foot over right, step right foot to right side, cross left foot over right

7&8 Point right foot to right side, hitch right knee beside left leg, point right foot to right side

& CROSS-BRUSH, ROCK STEP, ¾ TURN RIGHT, FULL TURN RIGHT

&1 Step right foot next left, cross left foot over right

2 Brush right foot diagonal right forward

3-4 Rock right foot diagonal right forward, recover on left

5-6 Step right foot ½ turn right back, step left foot ¼ turn right

7-8 Step right foot ½ turn right, step left foot ½ turn right

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=28023