

# YOU LIFT ME UP

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**Count:** 32

**Wall:** 4

**Level:** Beginner / Intermediate

**Choreographer:** Christine M Bass (Apr 08)

**Music:** You Lift Me Up by 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!!!!