

Mhmm, Aha

LINEDANCE.COM

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Paul Steinborn (Ger), Emma Ruhnau (Ger), Jenny Jahr (Ger), Zarah Charline Ezzine (Ger) - October 2019

Music: "Lifted" by Butter

Restart: in wall 4 after 16 counts

Section 1: PUSH/BACK R/MODIFITED COSTERSTEP L/ SAMBA BASIC R + L

1 2 Push bottom back and both hands to front (1), Step back on R (2)

3 & 4 Step back on L (3), Step together on R (&), 1/8 turn R with Step side on L (4)

5 a 6 Cross behind on R (5), Step side on L (a), Step side on R (6)

7 a 8 Cross behind on L (7), Step side on R (a), Step side on L (8)

Section 2: PADDLE 1/2 TURN BACKWARDS R/ SAMBA BASIC R/ UNWIND/FULL TURN

1 2 1/8 turn R with point to R (1), 1/8 turn R with point to R (2)

3 4 1/8 turn R with point to R (3), 1/8 turn R with point to R (4)

5 a 6 Cross behind on R (5), Step side on L (a), Step side on R

7 8 Cross behind on L and start full turn L (7), finish full turn L next to R (8)

***Restart: after the full turn do a "Hold"!! the weight should be on both feets.**

Section 3: JUMP OUT-CROSS/1/2 TURN WITH KNEE POPS R/1/4 TURN R/1/2 TURN L

& 1 2 Jump out on both feets (&), Jump together L cross over R (1), Pop both knees forward (2)

3 4 1/4 turn R with pop both knees forward (3), 1/4 turn R with pop both knees forward (4)

5 6 1/4 turn R with step side on R and start rolling body (5), Finish rolling body (6)

7 8 1/2 turn L with step side on R and start rolling body (7), Finish rolling body (8)

Section 4: STEP DIAGONALBACKW R+L+R+R/ BACK ROCK/ SIDE ROCK/ CROSS/ 1/4 TURN L/ TOGETHER

1 & 2 & Step diagonal back on R (1), Touch together on L (&), Step diagonal back on L (2), Touch together on R (&)

- 3 & 4** Step diagonal back on R (3), Step together on L (&), Step diagonal back on R (4)
- 5 & 6 &** Rock back on L (5), Recover on R (&), Side Rock on L (6), Recover on R (&)
- 7 & 8** Cross over on L (7), 1/4 turn L with step back on R (&), Step together on L (8)

STEPSHEET TAKEN FROM COPPERKNOB (144.217.101.242)

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=137068