

Lift U Up

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Derek Steele , Brian Randall & Eryn Miller (Jan 2014)

Music: Safe And Sound by Capital Cities (CD: In A Tidal Wave Of Mystery)

Begin on vocals (32 count intro, one Restart*)

Kick & Touch, Kick & Touch, Toe Strut, Slide Back, Toe Strut, Slide Back

1&2 Kick R forward, Step R home, Touch L diagonally back left

3&4 Kick L forward, Step L home, Touch R diagonally back right

5&6 Touch R forward, Step R down, Slide L toe back

7&8 Touch L forward, Step L down, Slide R toe back

Walk R-L, Anchor Step, Turn 1/2 Left, Turn 1/2 Left, Triple 1/2 Turn

1,2 Step R forward, Step L forward

3&4 Step R behind L, Step L in place, Step R slightly back

5,6 Turn 1/2 left stepping L forward (6:00), Turn 1/2 left stepping R back (12:00)

7&8 Turn 1/2 left stepping L forward (6:00), R step beside L, L step forward

***Restart here during 2nd repetition (you'll be facing 9:00 when this happens)**

Cross, Side, Sailor Turn 1/4 Right, Walk, Walk, Side Rock & Cross

1,2 Step R across L, Step L side left

3&4 Step R behind L, Turn 1/4 right (9:00) stepping L side left, Step R side right

5,6 Step L forward, Step R forward

7&8 Rock L side left, Recover R, Step L across R

Side, Behind & Cross, Side, Touch Back, Turn 1/2 Left, Skate R-L

1,2 Step R side right, Step L behind R

&3,4 Step R side right, Step L across R, Step R side right

5,6 Touch L toe back, Turn 1/2 left (3:00) taking weight L

7,8 Skate R, Skate L

Begin again and enjoy!

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=96236