

# LIFT ME UP

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Tina Argyle

**Music:** Lift Me Up by Geri Halliwell

## HEEL SWITCHES, FORWARD ROCK TWICE

- 1&2** Touch left heel forward, place left next to right, touch right heel forward
- &3-4** Place right next to left, rock forward onto left, rock back onto right
- &5&6** Place left next to right, touch right heel forward, place right next to left, touch left heel forward
- &7-8** Place left next to right, rock forward onto right, rock back onto left

## SHUFFLE BACK, TOUCH ½ TURN, SHUFFLE FORWARD, SIDE ROCK

- 9&10** Step back right, close left beside right, step back right
- 11-12** Touch left toe back, ½ turn left onto left foot
- 13&14** Step forward right, close left beside right, step forward right
- 15-16** Rock left to left side, rock onto right in place

## CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE ¼ TURN, WALK FORWARD

- 17&18** Cross left over right, step right to right side, cross left over right
- 19-20** Rock right to right side, rock onto left in place
- 21&22** Cross right over left, step left to left side, step forward right making ¼ turn to left
- 23-24** Step forward left, step forward right

## FORWARD ROCK, SHUFFLE ½ TURN, FULL TURN, SHUFFLE FORWARD

- 25-26** Rock forward onto left, rock back onto right
- 27&28** Shuffle step ½ turn left - stepping left, right left
- 29-30** ½ turn left stepping back onto right, on ball of right ½ turn, left stepping forward onto left
- 31&32** Step forward right close left beside right, step forward right

## REPEAT

## TAG

**At the end of the 9th wall (3rd time you face the front) add 4 x  $\frac{1}{4}$  pivots stepping left turning right after count 32. Start dance again at count 1 facing 9:00 wall**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=28020](https://www.linedance.com/index.php?f=dance_view&id=28020)