

Lift Me Up

IMPROVER 32 Count 4 Walls Choreographed by: Tina Argyle Choreographed to: Lift Me Up by Geir Halliwell

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#### Heel Switches. Forward Rock X 2

- 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 1/2 Turn. Shuffle Forward. Side Rock.

- 9 & 1 0 Step Back Right. Close Left Beside Right. Step Back Right.
- 11 12 Touch Left Toe Back. 1/2 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 1/4 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 1/4 Turn To Left.
- 23 24 Step Forward Left. Step Forward Right.

### Forward Rock, Shuffle 1/2 Turn, Full Turn, Shuffle Forward

- 25 26 Rock Forward Onto Left. Rock Back Onto Right.
- 27 & 28 Shuffle Step 1/2 Turn Left Stepping Left, Right Left.
- 29 30 1/2 Turn Left Stepping Back Onto Right. On Ball Of Right 1/2 Turn Left Stepping Forward Onto Left.
- 31 & 32 Step Forward Right Close Left Beside Right. Step Forward Right.

# At The End Of The 9th Wall (3rd Time You Face The Front) Add 4 X 1/4 Pivots Stepping Left Turning Right After Count 32. Start Dance Again At Count 1 Facing 9 O'clock Wall.

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