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LIFT ME UP

4 WALL - 24 COUNTS – LINE DANCE

PREPARED BY: SADIAH HEGGERNES (33 05 87 94/ 902 04 440)
CHOREOGRAPHED BY: GLYNN HOLT (UK) AUGUST 2007
LEVEL OF DIFFICULTY: ABSOLUTE BEGINNER
CHOREOGRAPHED TO: 'LIFE ME UP' by Geri Halliwell (107 bpm) from EP LIFT ME UP;
also downloadable from iTunes or tescodownloads (start on vocals)

Styling: Raise both hands in the air then drop them when Geri sings the words 'Lift Me Up' - and remind dancers to continue dancing at the same time!

Choreographer's note: Dedicated to Sally from Magill, a very special friend.

Section 1 Right Grapevine With Brush, Left Grapevine With Brush

1 - 2 Step right to right side. Step left behind right.
3 - 4 Step right to right side. Brush left beside right.
5 - 6 Step left to left side. Step right behind left.
7 - 8 Step left to left side. Brush right beside left.

Section 2 Step Slide Step Brush x 2

1 - 2 Step right forward. Slide left beside right.
3 - 4 Step right forward. Brush left beside right.
5 - 6 Step left forward. Slide right beside left.
7 - 8 Step left forward. Brush right beside left.

Section 3 Right Grapevine with Brush, Left Grapevine 1/4 Turn Left

1 - 2 Step right to right side. Step left behind right.
3 - 4 Step right to right side. Brush left beside right.
5 - 6 Step left to left side. Step right behind left.
7 - 8 Step left 1/4 turn left. Touch right beside left.



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