



BroncoBeat

## ***Lift Me Up***

Choreographed by: Ria Vos, NL (June 10)

Music: **Lift Me Up** by **Christina Aguilera** (CD: Bionic)

Descriptions: 32 count - 4 wall - Intermediate/Advanced level line dance

Intro: Very quick start on the word: "Pain"

### **Cross, ¼ R, Side, Cross Rock, Side, Touch, ¼ R Fwd ¼ R with L Hitch, Cross, Step Back x2, Cross, Unwind Full Turn L, Side Step**

1-2& Cross R Over L, ¼ Turn Right Step back On L, Step R to Right Side **(3:00)**

3& Cross Rock L Over R, Recover on R

4& Step L to Left Side, Touch R Next to L

5-6 ¼ Turn R Step Fwd on R Turn another ¼ Right with L Hitch, Cross L Over R **(9:00)**

7& Step Back on R, Step Back on L

8&1 Cross R Over L, Unwind Full Turn Left (weight on L), Step R Long Step to Right Side

### **Behind-Side-Cross with Sweep, Cross, Side, 1/8 Turn R Step Back, Back, 1/8 Turn R Step Side, Cross Rock, ¼ Turn L, Step Full Spiral Turn L**

2&3 Step L Behind R, Step R to Right Side, Cross L Over R with R Sweep

4&5 Cross R Over L, Step L to Left Side, 1/8 Turn Right Step back on R **(10:30)**

6&7 Step Back on L, 1/8 Turn Right Step R to Right Side, Cross Rock L Over R **(12:00)**

8& Recover on R, ¼ Turn L Step Fwd on L **(9:00)**

1 Step Fwd on R with weight on R make a Full Spiral Turn Left

Easier Option for Count 1: Step Fwd R with No Turn

### **Run Fwd L, R, Side, Rock Back, ¼ Turn R, Step ½ Turn R, Side, Touch, Point, Hitch**

2&3 Run Fwd L, Run Fwd R, Step L to Left Side

4&5 Rock Back on R, Recover on L, ¼ Turn Right Step Fwd on R **(12:00)**

6&7 Step Fwd on L, Pivot ½ Turn Right, Step L to Left Side **(6:00)**

&8& Touch R Next to L, Point R to Right Side, Hitch R

### **Rock Back, ½ Turn L, Coaster Cross, Side, Rock Back, ½ Turn R, Rock Back, ½ Turn L, ¼ Turn L**

1-2& Rock Back on R, Recover on L, ½ Turn Left Step Back on R **(12:00)**

3&4& Step Back on L, Step R Next to L, Cross L Over R, Step R to Right Side

5-6& Rock Back on L, Recover on R, ½ Turn Right Step Back on L **(6:00)**

7& Rock Back on R, Recover on L

8& ½ Turn Left Step Back on R, ¼ Turn Left Step L to Left Side **(9:00)**

**ENDING:** You will end with the Spiral Turn in section 2, replace the Full Turn with a ¾ Turn to End facing front