

LIFT ME UP

SONG: LIFT ME UP BY OLIVIA NEWTON JOHN & DARREN HAYES
ALBUM: DUETS
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ORIGINAL POSITION: FEET TOGETHER, WEIGHT ON RIGHT
DESCRIPTION: 64 BEAT, 2 WALL LINE DANCE

BEATS	STEPS
1-2	STEP/ROCK FWD ON L, REPLACE WEIGHT TO R
&3-4	TURN ½ TURN L & STEP L FWD, STEP R FWD, PIVOT 1/4 TURN L
5-6	STEP/ROCK FWD ON R, REPLACE WEIGHT TO L
&7-8	STEP R BESIDE L, STEP L FWD, PIVOT 1/2 TURN R TAKING WEIGHT TO R
1&2	MOVING FWD AND TURNING 1/2 TURN R - SHUFFLE L,R,L,
3-4	ROCK BACK ON R, ROCK FWD ON L
5&6	MOVING FWD & TURNING 1/2 TURN L - SHUFFLE R,L,R
7-8	TOUCH L BACK, PIVOT 1/2 TURN L KEEPING WEIGHT ON R
1&2	STEP L BACK, STEP R BESIDE L, STEP L FWD (COASTER STEP)
3-4	STEP R FWD, PIVOT 1/4 TURN L
5&6	STEP R ACROSS L, STEP L TO L SIDE, STEP R ACROSS L (CROSS SHUFFLE)
7-8	STEP/ROCK L TO L SIDE, REPLACE WEIGHT TO R
1&2	STEP L BEHIND R, STEP R TO R SIDE, STEP L FWD (MODIFIED SAILOR STEP)
3&4	SHUFFLE FWD R,L,R
5-6	STEP L FWD, PIVOT 1/2 TURN R
7&8	MOVING FWD & TURNING 1/2 TURN R - SHUFFLE L,R,L
1-2	ROCK BACK ON R, ROCK FWD ON L
&3-4	TURN 1/4 TURN L & STEP R BESIDE L, ROCK BACK ON L, ROCK FWD ON R
&5-6	TURN 1/4 TURN R & STEP L BESIDE R, ROCK BACK ON R, ROCK FWD ON L
7-8	MOVING FWD STEP R THEN L WITH A FULL TURN L
1-2	STEP R TO R SIDE, STEP L BEHIND R
&3&4	STEP R TO R SIDE & TAP L HEEL AT 45 DEG L, STEP L BACK, STEP R ACROSS L
5-6	STEP L TO L SIDE, STEP R BEHIND L
&7&8	STEP L TO L SIDE & TAP R HEEL AT 45 DEG R, STEP R BACK, STEP L ACROSS R
1&2	SHUFFLE TO R SIDE - R,L,R
&3&4	TURN 1/2 TURN L & SHUFFLE TO L SIDE - L,R,L
5-6	STEP/ROCK R FWD ACROSS L FOOT, REPLACE WEIGHT TO L
7-8	MOVING R STEP R THEN L WITH A FULL TURN R
1&2	SHUFFLE TO R SIDE -R,L,R
3&4	STEP L BEHIND R, STEP R TO R SIDE, REPLACE WEIGHT TO L (SAILOR STEP)
5&6	STEP R ACROSS L, STEP L TO L SIDE, STEP R ACROSS L (CROSS SHUFFLE)
7-8	STEP L TO L SIDE, DRAG R BESIDE L TAKING WEIGHT TO R

64	RESTART

RESTART - ON THE SECOND WALL FACING THE BACK, YOU WILL DANCE UP TO COUNT 48 BUT DO NOT STEP L ACROSS R ON COUNT 48, REPLACE IT WITH A HOLD (R heel should be out) THEN CHANGE WEIGHT TO R FOOT TO RESTART THE DANCE AGAIN.