

Lift Me Up

Count: 64

Wand: 4

Ebene: Improver Rumba

Choreograf/in: Jim PAVADÉ (FR) - April 2023

Musik: Lift Me Up - Rihanna



Intro: 32 counts

The dance starts with the body weight on the LF

Section 1 ½ diamond

- 1 RF to side
- 2 3 4 Cross LF over RF, RF to Side , 1/8 turn L & LF back (10:30)
- 5 Hold (option: with Rumba Hip)
- 6 7 8 RF back, 1/8 turn L & LF to side, 1/8 turn L & RF forward (07:30)

Section 2 ½ diamond

- 1 Hold (option: with Rumba Hip)
- 2 3 4 LF forward , 1/8 turn L & RF to side, 1/8 turn L & LF back (04:30)
- 5 Hold (option: with Rumba Hip)
- 6 7 8 RF back, 1/8 turn L & LF to side, 1/8 turn L & RF forward (01:30)

Section 3 Vine to Right, Sweep, Behind-Side-Cross

- 1 Hold (option: with Rumba Hip)
- 2 3 4 LF cross over RF, RF to side, LF cross behind RF (12:00)
- 5 Sweep RF front to back
- 6 7 8 Cross RF behind LF, LF to side, Cross RF over LF

Section 4 Sweep, Vine to Right, Sweep, Rock Step

- 1 Sweep LF back to front
- 2 3 4 Cross LF over RF, RF to side, Cross LF behind RF
- 5 Sweep RF front to back with ¼ turn R
- 6 7 8 RF back, Recover on LF, Touch RF (03:00)

Section 5 Rumba Box

- 1 2 3 4 RF to side, LF together, RF forward , Hold
- 5 6 7 8 LF to side, RF together, LF back, Hold

Section 6 Rumba Box

- 1 2 3 4 ¼ turn R, RF to side, LF together, RF forward, Hold(06:00)
- 5 6 7 8 LF to side, RF together, LF back, Hold