

# Lifted

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Ron Kline (USA)

Musik: I Get Lifted - George McCrae



**Position: Weight on right, with left toe extended to left side**

## **SAILOR PUSH WITH TURN, VARIATED SAILOR, STEP, CROSS, BACK, TURN**

- 1&2 Step left behind right, step side right, pushing off with right turn  $\frac{1}{4}$  right stepping back left
- 3&4 Step right behind left, step side on ball of left, step forward right
- 5-8 Step forward left, cross step right over left, step back left, pivoting  $\frac{1}{4}$  right step side right

## **SLOW WALK FORWARD WITH BUMPS, ROCK STEP TURN, TOUCH, SLIDE**

- &1 Bring left towards right, touch left toe forward bumping left hip forward diagonally left
- &2 Bump left hip again stepping left heel down
- &3 Bring right towards left, touch right toe forward bumping right hip forward diagonally right
- &4 Bump right hip again stepping right heel down
- 5&6 Rock forward left, recover weight right making  $\frac{1}{4}$  turn left, make another  $\frac{1}{4}$  turn left stepping left into third position (body will be angled slightly right)
- 7-8 (Straightening body forward) touch forward right, slide wide side right

## **TOUCH, SWEEP WITH TURN, ROCK ROCK PUSH WITH TURN, VARIATED SAILOR, STEP, SLIDE**

- 1-2 Touch forward left, pivot  $\frac{1}{2}$  left sweeping left into raised third position (left heel raised over right instep) and toe pointing diagonally left
- 3&4 Rock forward left, rock back right, pushing off with right pivot  $\frac{1}{2}$  right stepping slightly back left
- 5&6 Step right behind left, step side on ball of left, step forward right
- 7-8 Step forward left, slide wide side right

## **CROSS BEHIND, HOLD, STEP SIDE WITH BODY ROLL & TURN, WALK, ROCK SIDE, STEP SIDE**

- 1-2 Cross step left behind right, hold
  - 3&4 Step side right while making a body roll to right turning  $\frac{1}{4}$  left and keeping weight back on right
- Or simply step side right, bump hips right, turn  $\frac{1}{4}$  left keeping weight back on right**
- 5-6 Walk forward left, right
  - 7-8 Rock side left, small step side right

**REPEAT**