

# Lift Me Up

**COPPER** **NOB**  
BY PERFORMERS

**Count:** 64

**Wall:** 2

**Level:**

**Choreographer:** Tracie Lee (AUS) & Mark Simpkin (AUS)

**Music:** Lift Me Up - Olivia Newton-John & Darren Hayes



- 1-2 Step/rock forward on left, replace weight to right  
&3-4 Turn ½ turn left & step left forward, step right forward, pivot ¼ turn left  
5-6 Step/rock forward on right, replace weight to left  
&7-8 Step right beside left, step left forward, pivot ½ turn right taking weight to right
- 1&2 Moving forward and turning ½ turn right - shuffle left, right, left,  
3-4 Rock back on right, rock forward on left  
5&6 Moving forward & turning ½ turn left - shuffle right, left, right  
7-8 Touch left back, pivot ½ turn left keeping weight on right
- 1&2 Step left back, step right beside left, step left forward (coaster step)  
3-4 Step right forward, pivot ¼ turn left  
5&6 Step right across left, step left to left side, step right across left (cross shuffle)  
7-8 Step/rock left to left side, replace weight to right
- 1&2 Step left behind right, step right to right side, step left forward (modified sailor step)  
3&4 Shuffle forward right, left, right  
5-6 Step left forward, pivot ½ turn right  
7&8 Moving forward & turning ½ turn right - shuffle left, right, left
- 1-2 Rock back on right, rock forward on left  
&3-4 Turn ¼ turn left & step right beside left, rock back on left, rock forward on right  
&5-6 Turn ¼ turn right & step left beside right, rock back on right, rock forward on left  
7-8 Moving forward step right then left with a full turn left
- 1-2 Step right to right side, step left behind right  
&3&4 Step right to right side & tap left heel at 45 degrees left, step left back, step right across left  
5-6 Step left to left side, step right behind left  
&7&8 Step left to left side & tap right heel at 45 degrees right, step right back, step left across right
- 1&2 Shuffle to right side - right, left, right  
&3&4 Turn ½ turn left & shuffle to left side - left, right, left  
5-6 Step/rock right forward across left foot, replace weight to left  
7-8 Moving right step right then left with a full turn right
- 1&2 Shuffle to right side -right, left, right  
3&4 Step left behind right, step right to right side, replace weight to left (sailor step)  
5&6 Step right across left, step left to left side, step right across left (cross shuffle)  
7-8 Step left to left side, drag right beside left taking weight to right

**REPEAT**

**RESTART**

On the second wall facing the back, you will dance up to count 48, but do not step left across right on count 48. Replace it with a hold (right heel should be out). Then change weight to right foot to restart the dance again.

