

# You Lift Me Up

**COPPER KNOB**  
STEPPERS

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Christine Bass (USA) - April 2008

**Music:** You Lift Me Up - Rachael Lampa



(32 count intro)

## **SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, ROCK STEP**

- 1&2 Step right to right side (1), step left next to right (&), step right to right side (2)  
3-4 Rock left back (3), recover right forward (4)  
5&6 Step left to left side (5), step right next to left (&), step left to left side (6)  
7-8 Rock right back (7), recover left forward (8)

## **STEP HITCH, COASTER STEP, STEP HITCH, TRIPLE BACK**

- 1-2 Step right forward (1), hitch left (2)  
3&4 Step back left (3), step right next to left (&), step left forward (4)  
5-8 Step right forward (5), hitch left (6)  
7&8 Step left back (7), step back right over left (&), step left back (8)

## **BACK ROCK, SHUFFLE FORWARD, 1/4 TURN CROSSING SHUFFLE**

- 1-2 Rock right back (1), recover left forward (2)  
3&4 Step forward right (3), step left next to right (&), step forward right (4)  
5-6 Step forward left (5), turn 1/4 right (6)  
7&8 Cross left over right (7), step right to right side (&), cross left over right (8)

## **SIDE ROCK CROSS, HOLD, SIDE ROCK CROSS, HOLD**

- 1-4 Step right to right side (1), Replace weight to left (2), Cross right over left (3), Hold-clap (4)  
5-8 Step left to left side (5), Replace weight to right (6), Cross left over right (7), Hold-clap (8)

**START AGAIN & ENJOY!!!!**

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