

# Lift & Shift

拍数: 48      墙数: 4      级数:  
编舞者: Doreen Hardiman (UK)  
音乐: Up tempo cha-cha/cajun beat



## TOUCH SIDE, BACK, SIDE, FORWARD, HEEL TWISTS

- 1 Touch right to side
- 2 Touch right back
- 3 Touch right to side
- 4 Touch right forward
- 5 Twist heels in
- 6 Twist heels out
- 7 Twist heels in
- 8 Twist heels out

## TOUCH SIDE, BACK, SIDE, FORWARD, HEEL TWISTS

- 9 Touch left to side
- 10 Touch left back
- 11 Touch left to side
- 12 Touch left forward
- 13 Twist heels in
- 14 Twist heels out
- 15 Twist heels in
- 16 Twist heels out

## STEP, SLIDE, STEP, SCUFF

- 17 Step forward on left
- 18 Slide right up to left
- 19 Step forward on left
- 20 Scuff right forward

## GRAPEVINE RIGHT, TOUCH

- 21 Step right on right foot
- 22 Cross left foot behind right foot
- 23 Step right on right foot
- 24 Touch left foot beside right foot

## KICK-BALL-CHANGE, KICK-BALL-CHANGE

- 25&26 Kick left foot forward, step down on left foot, step right beside left  
27&28 Kick left foot forward, step down on left foot, step right beside left

## GRAPEVINE LEFT, TOUCH

- 29 Step left on left foot
- 30 Cross right foot behind left foot
- 31 Step left on left foot
- 32 Touch right foot beside left foot

## KICK-BALL-CHANGE, KICK-BALL-CHANGE

- 33&34 Kick right foot forward, step down on right foot, step left beside right  
35&36 Kick right foot forward, step down on right foot, step left beside right

**BACK THREE, TOUCH**

- 37 Walk back right
- 38 Walk back left
- 39 Walk back right
- 40 Touch left behind

**STEP, SLIDE, ¼ TURN, STOMP**

- 41 Step forward left
- 42 Slide right up to left
- 43 ¼ turn left on left
- 44 Stomp right together

**HEEL SPLITS**

- 45 With toes together, split heels apart
- 46 Return heels together
- 47 With toes together, split heels apart
- 48 Return heels together

**REPEAT**

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