

# Lift Me Up

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**Count:** 32

**Wall:** 4

**Level:** Intermediate / Advanced

**Choreographer:** Ria Vos

**Music:** "Lift Me Up" Christina Aguilera. CD : Bionic

**Intro:Very quick start on the word: "Pain"**

**Cross, ¼ R, Side, Cross Rock, Side, Touch, ¼ R Fwd 1/4 R with L Hitch, Cross, Step Back x2, Cross, Unwind Full Turn L, Side Step**

**1-2&** Cross R Over L, ¼ Turn Right Step back On L, Step R to Right Side (3:00)

**3&** Cross Rock L Over R, Recover on R

**4&** Step L to Left Side, Touch R Next to L

**5-6 ¼ Turn R Step Fwd on R Turn another ¼ Right with L Hitch, Cross L Over R (9:00)**

**7&** Step Back on R, Step Back on L

**8&1** Cross R Over L, Unwind Full Turn Left (weight on L), Step R Long Step to Right Side

**Behind-Side-Cross with Sweep, Cross, Side, 1/8 Turn R Step Back, Back, 1/8 Turn R Step Side, Cross Rock, ¼ Turn L, Step Full Spiral Turn L**

**2&3** Step L Behind R, Step R to Right Side, Cross L Over R with R Sweep

**4&5** Cross R Over L, Step L to Left Side, 1/8 Turn Right Step back on R (10:30)

**6&7** Step Back on L, 1/8 Turn Right Step R to Right Side, Cross Rock L Over R (12:00)

**8&** Recover on R, ¼ Turn L Step Fwd on L (9:00)

**1** Step Fwd on R with weight on R make a Full Spiral Turn Left

**(Easier Option for Count 1: Step Fwd R with No Turn)**

**Run Fwd L, R, Side, Rock Back, ¼ Turn R, Step ½ Turn R, Side, Touch, Point, Hitch**

**2&3** Run Fwd L, Run Fwd R, Step L to Left Side

**4&5** Rock Back on R, Recover on L, ¼ Turn Right Step Fwd on R (12:00)

**6&7** Step Fwd on L, Pivot ½ Turn Right, Step L to Left Side (6:00)

**&8&** Touch R Next to L, Point R to Right Side, Hitch R

**Rock Back, ½ Turn L, Coaster Cross, Side, Rock Back, ½ Turn R, Rock Back, ½ Turn L, ¼ Turn L**

- 1-2&** Rock Back on R, Recover on L,  $\frac{1}{2}$  Turn Left Step Back on R (12:00)
- 3&4&** Step Back on L, Step R Next to L, Cross L Over R, Step R to Right Side
- 5-6&** Rock Back on L, Recover on R,  $\frac{1}{2}$  Turn Right Step Back on L (6:00)
- 7&** Rock Back on R, Recover on L

**8&  $\frac{1}{2}$  Turn Left Step Back on R,  $\frac{1}{4}$  Turn Left Step L to Left Side (9:00)**

**Ending: You will end with the Spiral Turn in section 2, replace the Full Turn with a  $\frac{3}{4}$  Turn to End facing front**