

# LIFTED

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**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Ron Kline

**Music:** I Get Lifted by 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**