

# I GET LIFTED

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**Count:** 32

**Wall:** 4

**Level:** Beginner / Intermediate

**Choreographer:** Sebastiaan Holtland (Jan 08)

**Music:** I Get Lifted by Kem

## Count Intro 32 Start the dance to facing 12:00

### KICK & TOUCH FWD, 1/2 UNWIND L, KICK & TOUCH, LOCK STEP FWD

- 1&2** Kicking forward on Rf, step Rf back in place, touch forward on Lf (12:00)
- &3&4** Stepping Lf back in place, close Rf next to Lf, unwind 1/2 left take weight onto Lf (6:00)
- 5&6** Kicking forward on Rf, step Rf back in place, touch Lf forward take weight onto Rf
- 7&8** Stepping forward on Lf, lock Rf behind Lf, stepping forward on Lf weight onto Lf (6:00)

### 1/4 TURN L SIDE ROCK & CROSS, SIDE ROCK / RECOVER, STEP OUT, HOLD, 1/2 TURN L & CROSS, JUMP BOTH FEET APART, HOLD

- 1&2** Turn 1/4 left rock Rf to the right side, recover on Lf, stepping Rf across Lf weight onto Rf (3:00)
- 3&4** Rock Lf to the left side, recover on Rf, stepping Lf out the left side take weight onto both feet (3:00)
- &5-6** Turn 1/2 left stepping Rf to the right side, stepping Rf across Lf take weight onto Lf, Hold on count 6 (9:00)
- &7-8** Jump both feet apart take weight onto both feet, Hold on count 8 take weight onto Lf (9:00)

### SAILOR STEP, SAILOR STEP, CROSS, SIDE, 1/2 SAILOR CROSS R

- 1&2** Stepping Rf behind Lf, stepping Lf to the left side, stepping Rf to the right side Weight onto Rf (9:00)
- 3&4** Stepping Lf behind Rf, stepping Rf to the right side, stepping Lf to the Left side Weight onto Lf
- 5-6** Stepping Rf across Lf, stepping Lf to the left side
- 7-8** Turn 1/2 right stepping Rf behind Lf, stepping Lf to the left side, stepping Rf across Lf Take weight onto Rf (3:00)

### SYNCOPATED ROCK / RECOVER, CROSS, 1/4 TURN L STEP BACK, STEP BACK, WALK WALK, 1/2 PIVOT TURN L, 1/4 TURN, TOUCH

- 1&2&** Rock forward on Lf, recover on Rf, rock Lf to the left side, recover on Rf (3:00)
- 3&4** Stepping Lf across Rf, turn 1/4 left stepping back on Rf, stepping back on Lf (12:00)
- 5-6** Walk forward on Rf, walk forward on Lf weight onto Lf
- 7&8** Stepping forward on Rf, pivot 1/2 left take weight onto Lf, turn 1/4 continue on Lf Touch Rf next to Lf weight onto Lf (3:00)

**REPEAT THE DANCE AND HAVE FUN!!**