



Approved by:

Glynn

Lift Me Up

4 WALL - 24 COUNTS - ABSOLUTE BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Right Grapevine With Brush, Left Grapevine With Brush		
1 - 2	Step right to right side. Step left behind right.	Side Behind	Right
3 - 4	Step right to right side. Brush left beside right.	Side Brush	
5 - 6	Step left to left side. Step right behind left.	Side Behind	Left
7 - 8	Step left to left side. Brush right beside left.	Side Brush	
Section 2	Step Slide Step Brush x 2		
1 - 2	Step right forward. Slide left beside right.	Forward Slide	Forward
3 - 4	Step right forward. Brush left beside right.	Forward Brush	
5 - 6	Step left forward. Slide right beside left.	Forward Slide	
7 - 8	Step left forward. Brush right beside left.	Forward Brush	
Section 3	Right Grapevine with Brush, Left Grapevine 1/4 Turn Left		
1 - 2	Step right to right side. Step left behind right.	Side Behind	Right
3 - 4	Step right to right side. Brush left beside right.	Side Brush	
5 - 6	Step left to left side. Step right behind left.	Side Behind	Left
7 - 8	Step left 1/4 turn left. Touch right beside left.	Turn Touch	Turning left

Choreographed by: Glynn Holt (UK) August 2007

Choreographed to: 'Life Me Up' by Geri Halliwell (107 bpm) from EP Lift Me Up; also downloadable from iTunes or tescodownloads (start on vocals)

Styling: Raise both hands in the air then drop them when Geri sings the words 'Lift Me Up' - and remind dancers to continue dancing at the same time!

Choreographer's note: Dedicated to Sally from Magill, a very special friend.