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Lift You Up

32 Count 2 Wall Beginner Level Dance. Choreographed by: Anais Cordebard (USA) Feb 2024 Choreographed to: Safe And Sound by Capital Cities Intro: 32 Counts. Start at approx 17 secs.

Remember to Vote for your favourite dances in the Linedancer Charts. **Note:** Dance in contra with 2 lines starting facing each other

SEC 1 WALK X3, KICK, BACK X2, COASTER STEP

- 1-2 Step RF forward, Step LF forward
- 3-4 Step RF forward, Kick LF forward
- 5-6 Step LF back, Step RF back
- 7&8 Step LF back, Step RF next to LF, Step LF forward

SEC 2 KICK-STEP-ROCK-STEP X2, JAZZ BOX

- 1&2& Kick RF forward, Step RF slightly forward, Step LF to L side, Step RF in place
- 3&4& Kick LF forward, Step LF slightly forward, Step RF to R side, Step LF in place
- 5-6 Cross RF over LF, Step LF back
- 7-8 Step RF to R side, Step LF forward
- Restart Here on Wall 2

SEC 3 STEP, ¼ PIVOT, CROSS SHUFFLE, ROCK, RECOVER, BEHIND, SIDE, CROSS

- 1-2 Step RF forward, Turn ¼ L and Step LF to L side (9:00)
- 3&4 Cross RF over LF, Step LF to L side, Cross RF over LF
- 5-6 Step LF to L side, Step RF to R side
- 7&8 Step LF behind RF, Step RF to R side, Cross LF over RF

SEC 4 STEP-ARMS UP, TOUCH-ARMS DOWN W/ SNAP X2, ³/₄ WALK AROUND

- 1 Step RF to R side and raise both hands above head
- 2 Touch L toes behind RF and bring hands down by sides and snap fingers
- 3 Step LF to L side and raise both hands above head
- 4 Touch R toes behind LF and bring hands down by sides and snap fingers
- 5-6 Turn ¹/₄ R step RF forward, turn ¹/₄ R step LF forward (3:00)
- 7-8 Turn ¼ R step RF forward, step LF forward (6:00)



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