

LIFT ME UP

Count: 24. **Wall:** 4. **Level:** Intermediate
Choreographer: Glynn Holt (UK) Aug 07
Music: Lift Me Up by Geri Halliwell

Note: When Geri sings the words “**LIFT ME UP**” raise both hands up in the air and then back down, just when the words “**Lift Me Up**” are sung. Remind the dancers to continue dancing at the same time.

START ON VOCALS

VINE RIGHT, BRUSH, VINE LEFT, BRUSH

1,2 Step R to right, Step L behind R
3,4 Step R to right, Brush L
5,6 Step L to left, Step R behind L
7,8 Step L to left, Brush R

STEP, SLIDE, STEP, BRUSH, STEP, SLIDE, STEP, BRUSH

1,2 Step R forward, Slide L beside R
3,4 Step R forward, Brush L
5,6 Step L forward, slide R beside L
7,8 Step L forward, Brush R

VINE RIGHT, BRUSH, VINE LEFT 1/4 LEFT, TOUCH

1,2 Step R to right, Step L behind R
3,4 Step R to right, Brush L
5,6 Step L to left, Step R behind L
7,8 Turn ¼ left step L forward, Touch R beside L

24 REPEAT