



LIFT U UP

Choreographed by Derek Steele, Brian Randall & Eryn Miller
32 Count, 4 Wall, Intermediate level line dance
Music: Safe And Sound by Capital Cities

Contact Information: Derek Steele, ddsteele199@comcast.net



Scan for Dance Video

LINE DANCING

BRONTE BOOTS 'N SPURS

Begin on vocals (32 count intro, one Restart*)

Kick & Touch, Kick & Touch, Toe Strut, Slide Back, Toe Strut, Slide Back

- 1&2 Kick R forward, Step R home, Touch L diagonally back left
- 3&4 Kick L forward, Step L home, Touch R diagonally back right
- 5&6 Touch R forward, Step R down, Slide L toe back
- 7&8 Touch L forward, Step L down, Slide R toe back

Walk R-L, Anchor Step, Turn 1/2 Left, Turn 1/2 Left, Triple 1/2 Turn

- 1,2 Step R forward, Step L forward
- 3&4 Step R behind L, Step L in place, Step R slightly back
- 5,6 Turn 1/2 left stepping L forward (6:00), Turn 1/2 left stepping R back (12:00)
- 7&8 Turn 1/2 left stepping L forward (6:00), R step beside L, L step forward

**Restart here during 2nd repetition (you'll be facing 9:00 when this happens)*

Cross, Side, Sailor Turn 1/4 Right, Walk, Walk, Side Rock & Cross

- 1,2 Step R across L, Step L side left
- 3&4 Step R behind L, Turn 1/4 right (9:00) stepping L side left, Step R side right
- 5,6 Step L forward, Step R forward
- 7&8 Rock L side left, Recover R, Step L across R

Side, Behind & Cross, Side, Touch Back, Turn 1/2 Left, Skate R-L

- 1,2 Step R side right, Step L behind R
- &3,4 Step R side right, Step L across R, Step R side right
- 5,6 Touch L toe back, Turn 1/2 left (3:00) taking weight L
- 7,8 Skate R, Skate L

Begin again and enjoy!

Video Link: <https://www.youtube.com/watch?v=PHsOvy-rybU>

Taught by Tammy January 2015

