

Lifted



music: Lifted Lighthouse Family Ocean Drive CD Polydor 523787-2
artist: Lighthouse Family

level: Basic
time: 4.30
beats /min. (slow/fast)
date: june 2008

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sequence: A B C A B C Bridge C* B* C

event:

intro: Wait 31 beats, start on " I really love... "...

Part A:

2 Basic DS KK UP/H
Kick L R R L
R L L R
&1 & 2

Triple DS DS DS KK UP/H
Kick L R L R R L
R L R L L R
&1 &2 &3 & 4

REPEAT using opposite footwork

2 Basic DS RS
L RL
R LR
&1 &2

Triple DS DS DS RS
L R L RL
R L R LR
&1 &2 &3 &4

REPEAT 2 Basic and Triple using opposite footwork, travel forwards on 1st Triple and back on 2nd

Part B:

Vine DS DS(xif) DS DS(xib) DS DS(xif) DS RS
Eight L R L R L R L RL
&1 &2 &3 &4 &5 &6 &7 &8

2 Fancy DS DS RS RS
Double R L RL RL
&1 &2 &3 &4

Vine DS DS(xif) DS DS(xib) DS DS(xif) DS RS
Eight R L R L R L R LR
&1 &2 &3 &4 &5 &6 &7 &8

Part C:

3 Rocking DS BR UP/H DS RS turn each ¼
Chair L R R L R LR
R L L R L RL
&1 & 2 &3 &4

Triple DS DS DS RS to front
L R L RL
R L R LR
&1 &2 &3 &4

REPEAT using opposite footwork

A B C A B C Bridge C* B* C

Cowboy DS DS DS BR UP/H DS(xif) RS RS RS
L R L R R L R LR LR LR
&1 &2 &3 & 4 &5 &6 &7 &8

Push DS RS RS RS turn ½ Left
Turn L RL RL RL
&1 &2 &3 &4

Triple DS DS DS RS
R L R LR
&1 &2 &3 &4

REPEAT Cowboy, Push Turn and Triple to face front

Rocking DS BR UP/H DS RS
Chair L R R L R LR
&1 & 2 &3 &4

Bridge

Push Off DS RS RS RS
L RL RL RL
&1 &2 &3 &4

Push DS RS RS RS turn ½ Right
Turn R LR LR LR
&1 &2 &3 &4

2 Triple DS DS DS BR UP/H
Brush L R L R R L
R L R L L R
&1 &2 &3 & 4

REPEAT to face front

Part B*:

As Part B but add 2 Fancy Double

Part C*

AS Part C but miss off the Rocking Chair.