

# Love Lifted Me

**Count:** 60    **Wall:** 4    **Level:** Intermediate

**Choreographer:** Theresa Needham

**Music:** Kenny Rogers – Love lifted me. CD. Very best of Kenny Rogers. 107 BPM.

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## 12 Count intro

**Alternatives - Tania Kernaghan – The last great romantic. CD. Living the dream. 105 BPM. 12 count Intro**

**And. Leo Sayer - When I need you. CD. Endless Journey. 110 BPM. Start on vocals**

## **TWINKLES L. & R. WALTZ FORWARD 1/8 TURN R. WALTZ BACK 1/8 TURN R.**

- 1 – 2 – 3        (Moving forwards) cross L over R, step R to R side, step L in place
- 4 – 5 - 6        Cross R over L, step L to L side, step R in place
- 7 – 8 – 9        Making 1/8 turn R, waltz forward
- 10 – 11 – 12    Making 1/8 turn R, waltz back

## **WALTZ FORWARD 1/8 TURN R, WALTZ BACK 1/8 TURN R, TWINKLES L. & R.**

- 1 – 2 – 3        Making 1/8 turn R, waltz forward
- 4 – 5 – 6        Making 1/8 turn R, waltz back
- 7 – 8 – 9        Cross L. over R. step R. to R. side step L. in place
- 10 – 11 – 12    Cross R. over L. step L. to L. side, step R. in place

## **STEP, SWEEP ½ TURN L, HITCH, STEP LOCK STEP R & L, FORWARD ROCK RECOVER STEP BACK**

- 1 – 2 – 3        Stepping forward on L, sweep ½ turn L, hitch R
- 4 – 5 – 6        Step forward on R, lock L, behind R, step forward on R.
- 7 – 8 – 9        Step forward on L, lock R, behind L, step forward on L
- 10 – 11 – 12    Rock forward on R, recover onto L, step back on R

## **STEP BACK L, HEEL TAPS X2, STEP BACK R, HEEL TAPS X2, ½ TURN L, WALTZ BACK**

- 1 – 2 – 3        Step back on L, tap R, heel forward twice
- 4 – 5 – 6        Step back on R, tap L, heel forward twice
- 7 – 8 – 9        Step forward on L, making ½ turn L, step back on R, step L in place
- 10 – 11 – 12    Step back on R, step L beside R, step R, in place

## **STEP BACK ON L, HEEL TAPS X2, STEP BACK ON R, HEEL TAPS X2, STEP ¼ TURN L, FORWARD FULL TURN R,**

- 1 – 2 – 3        Step back on L, tap R, heel forward twice
- 4 – 5 – 6        Step back on R, tap L, heel forward twice
- 7 – 8 – 9        Step forward on L making ¼ turn L, step R beside L, Step L in place
- 10 – 11 – 12    Forward full turn R

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