

# You Lift Me Up

Artist: Rachel Lampa

Album: Live For You

Start with first heavy down beat

Choreo: Morgan Hudson

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Easy Intermediate

**A\*** 4 Stomp Doubles (Turn ¼ Left on each)  
 4 Stomp Doubles Stomp-DS-DS-RS Stomp-DS-DS-RS Stomp-DS-DS-RS Stomp-DS-DS-RS  
 (Turn ¼ Right on each)

**A** 4 Stomp Doubles (Turn ¼ Left on each)

**B** Loop & Run (xif) (xib) (if) (xib)  
 DS-DS-DS-Loop-ST-BA-BA-BA-BA-DSRS (moving Left)  
 L R L R R L R L R L RL  
 Loop & Run (moving Right)  
 4 Quarter Kicks DS-&K DS-&K DS-&K DS-&K (turn ¼ Left on each)  
 Triple Kick DS-DS-DS-&K (moving forward)  
 Triple DS-DS-DS-RS (moving backward)

**Sequence:**

**A\* - B - B - C**

**A - B - C - Break**

**C - C - C - End**

**C** Hop Over (xif)  
 DS-Hop-ST-DSRS  
 L R R L RL  
 Triple DS-DS-DS-RS (turn ½ Right)  
 REPEAT TO FACE FRONT  
 Hop Over DS-Hop-ST-DSRS  
 Triple DS-DS-DS-RS (moving Right)  
 High Horse DS-DT-H-DT-H-RS-Rock-Lift-DS-DS-RS

**Break** Clogover DS-DS-DS-DS-DS-DS-DSRS (moving Left)  
 Triple Kick DS-DS-DS-&K (moving forward)  
 Triple DS-DS-DS-RS (moving backward)  
 Clogover (moving Right)  
 2 Triple Kicks DS-DS-DS-&K DS-DS-DS-&K (moving forward)  
 4 Basics DSRS DSRS DSRS DSRS (moving back)

(turn ¼ Left) (In Place)  
 4 Stomp Syncopate Stomp-DS-DS-RS Stomp-DBL-RS-DBL-RS  
 2 Stomp Syncopate (turn ½ Left) (In Place)  
 Clog Over (moving Left)  
 Triple Kick (moving forward)  
 Triple (moving backward)  
 Clog Over (moving Right)  
 (moving forward) (moving back)  
 Cowboy DS-DS-DS-Scuff/Up-DS-RS-RS-RS

**End** Arms come up starting at hips then above head with music