

# Bachata Lift Me Up EZ

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**Count:** 32

**Wall:** 4

**Level:** Absolute Beginner

**Choreographer:** mBah Wir (INA) - November 2023

**Music:** Lift Me Up - Rihanna (Bachata Remix) Fitness Zumba

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**Intro: 32 counts from beginning of music**

**No Tag – No Restart**

**S1: SWAY (RIGHT, LEFT, RIGHT, LEFT), BASIC BACHATA RIGHT**

1-4 Step R to side&sway R (1), Sway L (2), Sway R (3), Sway L (4)

5-8 Step R to side (5), Step L next to R (6), Step R to side (7), Touch L beside R&Hip bumps (8)

**S2: SWAY (LEFT, RIGHT, LEFT, RIGHT), BASIC BACHATA LEFT**

1-4 Step L to side&sway L (1), Sway R (2), Sway L (3), Sway R (4)

5-8 Step L to side (5), Step R next to L (6), Step L to side (7), Touch R beside L&Hip bumps (8)

**S3: WALK FORWARD (RIGHT, LEFT, RIGHT), TOUCH BEHIND, WALK BACKWARD (LEFT, RIGHT, LEFT), TOUCH**

1-4 Walk forward on R (1), L (2), R(3), Touch L behind R (4)

5-8 Walk backward on L (5), R (6), L (7), Touch R toe in front of L&hip bumps (8)

**S4: FORWARD, TOGETHER, TURN ¼ RIGHT SIDE, TOUCH, TURN ¼ LEFT FORWARD, TOGETHER, TURN ¼ LEFT SIDE, TOUCH**

1-4 Step R forward (1), Step L beside R (2), Make ¼ turn right step R to side (3), Touch L beside R (4) 3.00

5-8 Make ¼ turn left step L forward (5), Step R beside L (6), Make ¼ turn left step L to side (7), Touch R in place&hip bumps (8) 9.00

**Begin again and have fun!**

**For more questions about this dance please contact me at: [jsdc2009@gmail.com](mailto:jsdc2009@gmail.com) .or. [ekohariprasetyo68@gmail.com](mailto:ekohariprasetyo68@gmail.com)**