Here is what the puzzle maker said:

"Rift is such a simple design it's elegant. Three burr pieces and a two piece cage that dances around the assembly. The moves are so unconventional that the level 8 solution is tougher than you would expect. Disassembly has a trick to it as well. This is an excellent puzzle, I'm glad I made it, and I'm looking forward to its big brother "Schism" in the next update. Construction of this puzzle is excellent. Fit is dead on."

Starting with the puzzle as pictured above, for the first four moves can be (1) the left center pushed out to the left, (2) the top center pushed up, (3) the right center pushed in to go out the back, and (4) the front top left corner of the puzzle pulled out, and then three more moves as shown below leave the puzzle apart (for a total of 8 moves after lifting the final piece off):