

Raise 'Em Up

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Donna Manning (USA) - March 2015

Musik: Raise 'Em Up (feat. Eric Church) - Keith Urban



Start with weight on L, R out to the R side....

Sec.1 (1-8) □ Bend, Raise, Down, Step, Kick, Back 2X, Hook

1&2, Bring R to L and bend slightly, Raise Up on the balls of both , lower to L taking weight
3,4,5,6,7,8 Step R fwd, kick L fwd, step back L-R, hook L over R shin (bowing head in places during the song based on lyrics – listen and you decide) , step L fwd (12:00)

Sec.2 (9-16) □ Step, ¼ Turn, Grind, Step, Step, Grind, Step, Step

1,2 Step R fwd, ¼ turn L
3,4,5 R heel grind (place R heel across L turning toe into midline, push off R heel as you turn toe out to R and step back on L), step R to R side
6,7,8 L heel grind, (place L heel across R turning toe into midline, push off L heel as you turn toe out to L and step back on R), step L to L side (9:00)

Sec.3 (17-24) □ ¼ Heel Grind, Rock, Recover, Step, ½ Turn, Step ¼ Turn

1,2 ¼ turn R heel grind (R heel across L- as you place pressure on heel make ¼ turn R stepping back on L)
3,4 Rock back on R, recover weight to L
5,6,7,8 Step R fwd, ½ turn L taking weight to L, step R fwd, ¼ turn L weight to L (over rotate a bit) (3:00)

Sec.4 (25-32) □ Cross Rock, Weave, Side Rock

1,2 Cross Rock R over L, recover weight to L
3,4,5,6 Step R to R side(open hip to R), cross L over R, R to R side, step L behind R
7,8 Rock R to R side, recover weight to L (3:00)

TAG: After wall 6 - add the following 4 counts

The second time we start wall at 3:00....Tag happens facing 6:00

1,2,3,4 Step R fwd, point L to L side, Step L fwd, point R to R side

HAVE FUN! Enjoy this beautiful song!

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

Video rights assigned to choreographer. dancinfreedonna@gmail.com - www.dancinfree.com

All rights reserved.