

# Raise Em UP (Remix)

**COPPER** **NOB**  
STEPSHEETS

**Compte:** 32

**Mur:** 4

**Niveau:** High Beginner

**Chorégraphe:** Val Saari (CAN) - April 2021

**Musique:** Raise Em Up (2021 Remix) (feat. Freeway & Ed Sheeran) - Alonestar



**Intro: 16 counts. Begin on the word "up"**

## **TOE STRUTS FWD WITH HIP BUMPS (RL), ROCK /RECOVER, COASTER STEP**

- 1&2 Touch RF toes forward & bump hips RLR, (step heel down on count 2)
- 3&4 Touch LF toes forward while bumping hips LRL, (step LF heel down on count 4)
- 5-6 Rock RF forward, Recover LF
- 7&8 Rock RF back, Step LF together, Step RF forward

## **TOE STRUTS FWD WITH HIP BUMPS (LR), ROCK/RECOVER SAILOR STEP 1/4 L**

- 1&2 Touch LF toes forward & bump hips LRL, (step heel down on count 2)
- 3&4 Touch RF toes forward while bumping hips RLR, (step heel down on count 4)
- 5-6 Rock LF forward, Recover RF
- 7&8 Sailor Step LRL turn 1/4 L

## **SWAY, SYNCOPATED WEAVE X 2 (RL)**

- 1-2 Step RF to R side and sway hips R,L
- 3&4 Step RF behind L, Step LF left, Step RF across L
- 5-6 Step LF to L side and sway hips L,R
- 7&8 Step LF behind R, Step RF right, Step LF across R

## **STEP-TURN 1/4 LEFT TWICE, HIP BUMPS RLR, LRL**

- 1-2 Step RF forward, Turn 1/4 turn left (weight on left)
- 3-4 Step RF forward, Turn 1/4 turn left (weight on left)
- 5&6 Step RF right and bump hips RLR
- 7&8 Bump hips LRL

**Style Ideas: Add in some arm movements, Have fun!!!**

**REPEAT**

**No tags, no restarts**

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