

Raise The Bar

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Harold Grimshaw (UK) - August 2010

Musique: Raise the Bar - Gord Bamford : (Album: Day Job)



Section 1: Monterey ¼ Right, Flick, Left Jazz Box, Scuff

- 1, 2 Touch RIGHT Toes to Right Side, (Pivot ¼ Right) Step RIGHT together
- 3, 4 Touch LEFT to Left Side, Flick LEFT foot forward
- 5, 6 Cross Step LEFT over Right, Step RIGHT back
- 7, 8 Step LEFT to Left Side, Scuff RIGHT over Left

Section 2: Right Jazz Box, Scuff, Heel Fwd., Hold, Toes Back, Hold

- 1, 2 Cross Step RIGHT over Left, Step LEFT back
- 3, 4 Step RIGHT to Right Side, Scuff LEFT forward
- 5, 6 Touch LEFT Heel forward, Hold
- 7, 8 Touch LEFT Toes back, Hold

Section 3: Rock Weight Back, Hold, Fwd., Hold, Back, Fwd., Back, Hold

- 1, 2 Rock Weight back onto LEFT, Hold
- 3, 4 Rock Weight forward onto RIGHT, Hold
- 5,6,7,8 Rock Weight BACK, FWD., BACK (LT. RT. LT.) Hold (Weight on Left)

Note: For Section 3 face diagonally forward left (rocking shoulders)

******* Restart here during 3rd wall (facing 9 o'clock)**

Section 4: Back Lock Step, Hold, Back Lock Step, Hold

- 1,2,3,4 Step RIGHT back, Lock Step LEFT over Right, Step RIGHT back, Hold
- 5,6,7,8 Step LEFT back, Lock Step RIGHT over Left, Step LEFT back, Hold

Section 5: Turn ¼ Rt., Touch, Side, Together, Turn ¼ Left, Touch, Side, Together

- 1, 2 Step RIGHT ¼ to Right, Touch LEFT together
- 3, 4 Step LEFT to Left Side, Step RIGHT together
- 5, 6 Step LEFT ¼ to Left, Touch RIGHT together
- 7, 8 Step RIGHT to Right Side, Step LEFT together

Section 6: Step Fwd. Right, Hold, Left, Hold, Full Turn Fwd., Hold

- 1,2,3,4 Step RIGHT fwd., Hold, Step LEFT fwd., Hold
- 5, 6 Make FULL TURN forward (Left) on RIGHT, LEFT
- 7, 8 Step RIGHT forward, Hold

Section 7: Mambo Forward, Hold, Mambo Back, Hold

- 1, 2 Step LEFT fwd., Rock Weight back onto RIGHT
- 3, 4 Step LEFT back, Hold
- 5, 6 Step RIGHT back, Rock Weight forward onto LEFT
- 7, 8 Step RIGHT forward, Hold

Section 8: Step/Pivot ½ Right, Step/Pivot ¼ Right, Left Vine ¼ Left, Touch

- 1, 2 Step LEFT forward, Pivot ½ RIGHT (weight on Right)
- 3, 4 Step LEFT forward, Pivot ¼ RIGHT (weight on Right)
- 5, 6 Step LEFT to Left Side, Step RIGHT behind Left
- 7, 8 Step LEFT ¼ to Left, Touch RIGHT together