

# Raise 'Em Up

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Christopher Steele (UK) - April 2015  
音乐: Raise 'Em Up (feat. Eric Church) - Keith Urban



To Note: There are 2 simple Restarts in this dance which are detailed at the bottom of the page.  
There is also a very simple Alternative ending, which is also detailed at the bottom of the page.

Dance Note: Facing Directons (In Brackets) are for use on 1st Wall of Dance only for Direction.

## S1: □Cross Behind, Unwind 1/1, Side Shuffle 1/4, Step 1/2 Turn, Shuffle 1/2 Turn. (Facing 3 O'Clock)

- 1 - 2      Cross L foot behind R, Unwind making full turn - Turning L.
- 3 & 4      Step R foot to R side, Step L foot beside R, Step R foot to R side - Turning 1/4 to R.
- 5 - 6      Step L foot forward, Pivot 1/2 turn - Turning R (Weight on R foot)
- 7 & 8      Step L foot forward - Turning 1/4 to R, Step R foot beside L - Turning 1/4 to R, Step L foot back.

## S2: □Coaster Step, Kick-Ball-Change, Heel & Heel & Toe & Point (Facing 12 O'Clock)

- 1 & 2      Step R foot back, Step L foot beside R, Step R foot forward.
- 3 & 4      Kick L foot forward, Place weight onto L foot by Placing beside R, Replace weight on R foot by Stepping beside L.
- 5 & 6 & 7 & 8      Touch L heel forward, Step L foot beside R, Touch R heel forward, Step R foot beside L, Touch L toe back, Step L foot beside R, Touch R toe to R side - Turning 1/4 to L.

## S3: □Sailor Step and Cross Shuffle, Side Rock - Recover, Turn 1/2, Cross. (Facing 6 O'Clock)

- 1 & 2      Step R foot behind L, Step L foot to L side, Step R foot to R side.
- & 3 & 4      Step L foot beside R, Step R foot across L, Step L foot to L side, Step R foot across L.
- 5 - 6      Rock L foot to L side - Transfer weight to L, Replace weight to R - Stepping R foot to R side.
- 7 - 8      Step L foot to L side - Turning 1/2 to L, Step R foot across L.

## S4: □Turn 1/4, Turn 1/2, Step 1/2 Turn, Walk, Turn 1/2, Turn 1/2, Walk. (Facing 9 O'Clock)

- 1 - 2      Step L foot back - Turning 1/4 to R, Step R foot forward - Turning 1/2 to R.
- 3 - 4      Step L foot forward, Pivot 1/2 turn - Turning R (Weight on R foot)
- 5 - 6 - 7 - 8      Step L foot Forward, Step R foot back - Turning 1/2 to L, Step L foot Forward - Turning 1/2 to L, Step R foot forward.

## S5: □Heel & Toe & Heel & Toe, Sailor Step, Side Shuffle 1/4. (Facing 12 O'Clock)

- 1 & 2 & 3 & 4      Touch L heel forward, Place L foot beside R - Turning 1/4 to R, Touch R toe to R side, Place R foot beside L, Touch L heel forward, Place L foot beside R - Turning 1/4 to R, Touch R toe to R side.
- 5 & 6      Step R foot behind L, Step L foot to L side, Step R foot to R side.
- 7 & 8      Step L foot to L side, Step R foot beside L, Step L foot to L side - Turning 1/4 to L.

## S6: □Step 1/2 Turn and Rock - Recover, Touch Back 1/2 Turn, Step 1/4 Turn. (Facing 9 O'Clock)

- 1 - 2      Step R foot forward, Pivot 1/2 turn - Turning L (Weight on L foot)
- & 3 - 4      Step R foot beside L, Rock L foot forward - Transfer weight to L, Replace weight to R - Stepping R foot back.
- 5 - 6      Touch L toe back, Pivot 1/2 turn - Turning L (Weight on L foot)
- 7 - 8      Step R foot forward, Pivot 1/4 turn - Turning L. (Weight on L foot)

## S7: □Cross Shuffle, Turn 1/4, Turn 1/4, Shuffle Forward, Rock - Recover. (Facing 3 O'Clock)

- 1 & 2      Cross R foot over L, Step L foot to L side, Cross R foot over L.
- 3 - 4      Step L foot back - Turning 1/4 to R, Step R foot forward - Turning 1/4 to R.

5 & 6            Step L foot forward, Step R foot beside L, Step L foot forward.  
7 - 8            Rock R foot forward - Transfer weight to R, Replace weight to L - Stepping L foot back.

**S8: □ Back Cross Shuffle, Touch Back 1/2 Turn and Rock - Recover, Side Rock - Recover (Facing 6 O'Clock)**

1 & 2            Step R foot back, Step L foot back - Crossing L foot over R, Step R foot Back.  
3 - 4            Touch L toe back, Pivot 1/2 turn - Turning L (Weight on L foot)  
& 5 - 6           Step R foot beside L, Rock L foot forward - Transfer weight to L, Replace weight to R -  
Stepping R foot back.  
7 - 8            Rock L foot to L side - Turning 1/4 to L - Transfer weight to L, Replace weight to R - Stepping  
R foot to R side.

**The Restarts:-**

**Restart 1: □ Occurs during the 2nd Wall of Dance:**

**Dance upto counts, 5 & 6 & (Heel & Heel &) in the 2nd Count of 8. You should be facing 9 O'Clock.  
Then do the last 2 counts of the dance (1/4 Side Rock - Recover) and Restart.**

**Restart 2: □ Occurs during the 4th Wall of Dance:**

**Dance upto counts, 1 & 2 (Cross Shuffle) in the 7th Count of 8. You should be facing 9 O'Clock.  
Then as in the 1st Restart do the last 2 counts of the dance (1/4 Side Rock - Recover) and Restart.**

**Alternative Ending:-**

**The end of the dance takes you to the end of the 4th Count of 8.**

**Below are just 2 steps to allow you to finish the dance neatly, of course this is optional.**

8 - 1            Step R foot back - Turning 1/2 to L, Step L foot to L side - Turning 1/4 to L.

**These 2 steps allow to you to finish facing 12 O'Clock.**

**The End:-**

**I hope you enjoy this dance. I have really enjoyed choreographing it for you all.**

**Please feel free to share, teach and learn. And vote for it if you like it.**

**Any feedback or support would be appreciated. Thanks, Chris.**

**Contact: c9h8r7i6s@hotmail.com**

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