

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.

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