

# Raise 'Em Up

拍数: 64      墙数: 4      级数: High Intermediate  
编舞者: Tony Myers (UK) - June 2015  
音乐: Raise 'Em Up (feat. Eric Church) - Keith Urban



## Intro 16 Counts

### SEC 1:-Step Forward: Diagonal Rock, Recover: Behind, Side, Cross: Turn, Rock Back: Recover, Full Turn

1            Step forward on left (1)  
2 3        Rock forward on right to right diagonal (2) Recover weight back onto left(3)  
4&5       Step right behind left(4) Step left to side (&) Cross right over left (5)  
6 7        Turn ¼ right stepping back on left (6) Rock back on right (7) (3:00)  
8&1       Recover weight forward onto left (8) Turn ½ left stepping back on right (&) Turn ½ right stepping forward on left (1)

### SEC 2:-Side, Together: Step, Lock, Step: Turn, Touch: Coaster Cross

2 3        Turn 1/8 right step right to side (2) Step left next to right (3) (4:30)  
4&5       Turn 1/8 right step forward on right (4) Lock left behind right (&) Turn 1/8 right step forward on right (5) (7:30)  
6 7        Turn 1/8 right on ball of right sweeping left round (6) Touch left beside right (7) (9:00)  
8&1       Step back on left (8) Step right next to left (&) Cross left over right (1) (#Restart wall 2 facing 12:00)

### SEC 3:-Side, Together: Forward Shuffle: Cross, Turn: Shuffle Turn

2 3        Step right to side (2) Step left next to right (3)  
4&5       Step forward on right (4) Step left with right (&) Step forward on right (5)  
6 7        Cross left over right (6) Turn ¼ left stepping back on right (7) (6:00)  
8&1       Turn ¼ left stepping left to side (8) Step right next to left (&) Turn ¼ left stepping forward on left (1) (12:00)

### SEC 4:- Point Turn : Cross Shuffle: Back Rock, Recover: Heel, Ball, Cross

2 3        Point right to side (2) Turn ¼ right placing weight onto right (3) (3:00)  
4&5       Cross left over right (4) Step right to side (&) Cross left over right (5)  
6 7        Rock back on right (6) Recover weight onto left (7)  
8&1       Dig right forward forward (8) Step onto right (&) Cross left over right (1)

### SEC 5:- Sway Right, Left: Sailor Turn: Heel Turn: Rock & Cross

2 3        Step right to side sway right (2) Sway to left (3)  
4&5       Step right behind left (4) Turn ¼ right stepping left to side (&) Turn ¼ right stepping right to side (5) (9:00)  
6 7        Grind left heel turning ¼ left (6) Transfer weight onto right (7) (6:00)  
8&1       Rock left to side (8) Recover weight onto right (&) Cross left over right (1)

### SEC 6:- Step Back, Touch: Step, Turn, Step: Point, Hitch: Coaster Cross

2 3        Step back on right (2 ) Touch left across right (3)  
4&5       Step forward on left (3) Pivot ½ turn right (&) Step forward on left (5) (12:00)  
6 7        Point right to side (6) Hitch right knee (7)  
8&1       Step back on right (8) Step left next to right (&) Cross right across left(1)

### SEC 7:-Forward, Turn Hook: Side Chasse: Behind, Turn: Mambo Forward

2 3        Step forward on left (2) Turn ½ right on ball of left hook right over left ankle (3) (6:00)  
4&5       Step right to side (4) Step left next to right(&) Step right to side (5)  
6 7        Step left behind right (6) Turn ¼ right stepping forward on right (7) (9:00)

8&1 Rock forward on left (8) Recover weight to right (&) Step back on left (8)

**SEC 8:-Heel Toe: Mambo Turn: Cross, Point: Kick, Ball, Step**

2 3 Dig right heel forward (2) Touch right toes back (3)

4&5 Rock forward on right (4) Recover weight onto left (&) Turn ½ right stepping forward on right (5) (3:00)

6 7 Cross left over right (6) Point right to side (7)

8&(1) Kick right forward (7) Step onto right (&) (Step forward on left (1))

**Restart on count 17 wall 2 facing 12:00**

**During wall 4 music slows, just dance through it and it stays on beat.**

**Have Fun**

**Contact: [tonymyers@live.co.uk](mailto:tonymyers@live.co.uk)**

---