

# Brought Up

**COPPER KNOB**  
BY STEPHEN

拍数: 32                      墙数: 4                      级数: High Beginner  
编舞者: Tom Inge Soenju (NOR) - July 2022  
音乐: Raised Up - Rvshvd



**Note:** The dance will work with different types of music with a “straight” beat.

A couple of alternative music below with different tempo...

Pop (Slower, 128 BPM): “It’s Gonna be OK” by Second Life (32C intro)

Rock n’ Roll (Faster, 166 BPM): “Runaround Sue” by Human Nature (~32C slow, start at tempo change)

**Intro:** 16 counts.

**Sequence:** Repeating sequence.

**Tag/Restart:** No tags or restarts.

**End:** Dance as normal until music ends, then pose/finish.

## SECTION 1: SYNC CHASSE WITH A HEEL TOUCH x2 (R/L)

- 1-2                      Step RF to R side, Step LF next to RF
- 3-4                      Step RF to R side, Touch L heel to L diagonal
- 5-6                      Step LF to L side, Step RF next to LF
- 7-8                      Step LF to L side, Touch R heel to R diagonal

(OPT: Count 4 and 8 may be changed to L/R hitches, or L/R toe touch next to RF/LF, if preferred)

## SECTION 2: B ROCK-REC-SIDESTEP-HOLD x2 (R/L)

- 1-2                      Rock RF back, Transfer weight onto LF
- 3-4                      Step RF to R side, Hold
- 5-6                      Rock LF back, Transfer weight onto RF
- 7-8                      Step LF to L side, Hold

## SECTION 3: R CROSS POINT, SIDE POINT, B TOUCH, KICK, BEHIND-SIDE-1/8 L TURN STEP

- 1-2                      Point RF across LF, Point RF to R side
- 3-4                      Touch RF behind LF, Kick RF fwd to R diagonal
- 5-6                      Step RF behind LF, Step LF next to RF
- 7-8                      Turn 1/8 to your L stepping RF fwd, Hold [10:30]

## SECTION 4: L TOUCH IN, TOUCH OUT, KICK, BACK, BACK, SIDESTEP, CROSS ROCK, REC

- 1                          Touch LF next to RF with L knee and toes pointing inwards (towards 12:00)
- 2                          Touch LF next to RF with L knee and toes pointing outwards (towards 09:00)
- 3-4                      Kick LF fwd, Step LF back [09:00]
- 5-6                      Step RF back, Step LF next to RF (correct yourself towards 09:00 O’clock if not already)
- 7-8                      Cross (rock) RF over LF, Transfer weight onto LF

**Start again and enjoy! Happy Dancing!**

**Abbreviations:** BPM: Beats per minute, R: Right, L: Left, F: Foot, fwd: Forward, B: Back, SYNC: Syncopated, OPT: Optional, REC: Recover

If anything is unclear or if you would like additional information, please contact me on:

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