

# Elevated

拍数: 32      墙数: 4      级数: Improver  
编舞者: Rob Fowler (ES) - April 2023  
音乐: Hands up Like This - ZOA



(1 Tag at the end of Wall 5)

Intro: 32 counts (approx. 17 secs)

**S1: Walk R, Walk L, Kick R Twice, Back R, Tap L, Step L, ¼ L Hitch**

1,2,3,4      Walk forward on R, walk forward on L, kick R forward twice  
5,6      Step back on R, tap L in front of R toes  
7,8      Step forward on L, keeping weight on L make ¼ turn L and hitch R 9:00

**S2: Side R, Tap L, Rolling Vine L With Touch, Side R, Touch L**

1,2      Step R to R side, tap L toes behind R  
(styling option for count 2: as you tap L toes, turn head to the right and click/throw both arms to the right, or raise both hands in the air)  
3,4      Make ¼ turn L stepping forward on L, make ½ turn L stepping back on R  
5,6,7,8      Make ¼ turn L stepping L to L side, touch R next to L, step R to R side, touch L next to R 9:00

**S3: L Pony Step Back, R Pony Step Back, L Coaster, Step R, Side L**

1&2      Step back on L popping R knee up, step R next to L, step back on L popping R knee up  
(easier option: L shuffle back)  
3&4      Step back on R popping L knee up, step L next to R, step back on R popping L knee up  
(easier option: R shuffle back)  
5,6      Step back on L, step R next to L, step forward on L  
7,8      Step forward on R, step L to L side (shoulder-width apart)  
(option: as you step out-out, push both hands up in the air) 9:00

**S4: Back R, Hook L, L Shuffle, Step R, Pivot ¼ L, Step R, Pivot ¼ L**

1,2      Step back on R, hook L in front of R  
3&4      Step forward on L, step R next to L, step forward on L  
5,6      Step forward on R, make ¼ turn L (weight on L) 6:00  
7,8      Step forward on R, make ¼ turn L (weight on L) 3:00

**Start Over**

**TAG: At the end of WALL 5 (facing 3:00), please add the following tag then start the dance again facing 12:00**

**S1: Jump Fwd, Hold, Jump Back, Hold, Step R, Pivot 1/8 L, Step R, Pivot 1/8 L**

&1,2      Jump forward R, step L out to L side, hold (& clap)  
&3,4      Jump back R, step L out to L side, hold (& clap)  
5,6      Step forward on R, make 1/8 turn L (weight on L)  
7,8      Step forward on R, make 1/8 turn L (weight on L) 12:00

**S2: Repeat S1 of the Tag to finish facing 9:00**

**S3: Repeat S1 of the Tag to finish facing 6:00**

**S4: Jump Fwd, Hold, Jump Back, Hold, Step R, Pivot ¼ L, Step R, Pivot ¼ L**

&1,2      Jump forward R, step L out to L side, hold (& clap)  
&3,4      Jump back R, step L out to L side, hold (& clap)  
5,6      Step forward on R, make ¼ turn L (weight on L)  
7,8      Step forward on R, make ¼ turn L (weight on L) (to finish facing 12:00) 12:00

