

Raise Up

拍数: 32 墙数: 4 级数: Improver
编舞者: Hiroko Carlsson (AUS) - July 2023
音乐: Rise Up - TheFatRat : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(Dance starts after the lyrics "We'll rise up from the dust, oh")

[S1] Scuff, Side, Knee In-Out-In-1/4L, Side, Back Rock, Side-Back Rock

1 2 Scuff R out to the side, Step R to the right
&3&4 L knee roll in, L knee roll out, L knee roll in, Make a ¼ turn left stepping down on L (9:00)
5 6& Step R to the side, Rock back on L, Replace weight on R
7&8 Step L to the side, Rock back on R, Replace weight on L

[S2] Side-Together-Side-Together-Side, 1/4R Touch, 1/4R Side-Together-Side-Together-Side, 1/4L Touch

1&2& Step R to the side, Step L next to R, Step R to the side, Step L next to R
3 4 Step R to the side, Making a ¼ turn right touch L next to R (12:00)
5&6& Make a ¼ turn right stepping L to the side (3:00), Step R next to L, Step L to the side, Step R next to L
7 8 Step L to the side, Making a ¼ turn left touch R next to L (12:00)
-Restart here on Wall 1 (12:00), Restart and tag on Wall 6 (12:00)

[S3] Fwd, Step-Pivot 3/4R, Side Shuffle, Behind Rock, Quick Back Rock

1 2 3 Step forward on R, Step forward on L, Make a ¾ turn right recover weight on R (9:00)
4&5 Step L to the side, Step R close, Step L to the side
6 7 Rock R behind L, Replace weight on L
8& Rock back on R (sit back on R), Replace weight on L

[S4] Diagonal Fwd, Touch, Fwd Touch-Side Touch-&, Cross-Unwind 1/2L, Ball-Fwd, Point

1 2 Step Diagonally forward on R, Touch L next to R
&3&4 Step Diagonally forward on L, Touch R next to L, Step R to the side, Touch L next to R
&5 6 Step L in place, Cross R over L, Make a ½ unwind turn left weight ends on L foot (3:00)
&7 8 Ball step forward on R, Step forward on L, Point R toes to the side
Restart on Wall 1 count 16 (12:00)

#1st Tag at the end of Wall 3 (6:00) – Rocking Chair

1 2 3 4 Rock forward on R, Replace weight on L, Rock back on R, Replace weight on L

Restart + 2nd Tag on Wall 6 count 16 (12:00)- dance up to count 16. Add the following 4 count tag.

1 2 Scuff R out to the side, Step R to the right
&3&4 L knee roll in, L knee roll out, L knee roll in, Step down on L foot (12:00)

Ending suggestion: The last wall ends facing 3:00. Make a ¼ pencil turn left stepping forward on R (12:00).

Note: This step sheet only explains the footwork. Feel free to add arm movements or body twists according to your own styling and in sync with the music.

(updated: 11/Jul/23)