

Raised the Bar (Mallorca 2023)

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Emma Ruhnau (DE) & Lisa Altenkirch (DE) - October 2023
音乐: Raise The Bar - Craig Morgan & Luke Combs



Starting after 8 counts

[1 – 8] Heel Grind 1/4, Pony Step, Sweep R, Sweep L, 3/8 turn, stepping together

1-2 Heel with the RF turn ¼ on RF to R (1), Stepping back on LF (2)
3-&-4 Pony back R(3)-L(&)-R(4)
5-6-7 stepping fwd LF sweep RF(5), Stepping RF fwd sweep LF(6), stepping LF fwd(7)
&-8 stepping RF to R side with ¼ turn(&), stepping LF with 1/8 next to RF (8)(10:30)

[9-16] Walk, Walk, 1/8 scissor-step, ½ turn R, ½ turn L,

1-2 stepping RF fwd(1), stepping LF fwd(2)
3-& stepping RF to the side with 1/8 (3), stepping LF next to RF (&)
4-5 cross RF over LF(4), stepping back on LF with ¼ turn (5)
&-6 stepping RF to R with ¼ turn (&), cross LF over RF (6)
7-&-8 Stepping back on RF with ¼ turn (7), stepping LF to L with ¼ turn (&), cross RF over LF (8)

[17-24] step side touch, step kick, behind side cross, ¼ turn back, back back, coaster step, touch

1-& stepping LF to the L side (1), touch RF next to LF (&)
2-& stepping RF to R (2), kick LF diagonal fwd (&)
3-&-4 cross LF behind RF (3), stepping RF to R side (&), cross LF over RF (4)

Restart in wall 3: with step change (&-4) step RF ¼ turn fwd, step LF fwd

5-&-6 stepping RF back with ¼ over L (5), stepping LF back (&), stepping RF back(6)
7-&-8-& stepping LF back (7), close RF next to LF(&), stepping LF fwd(8),touch RF next to LF

[25-32] R diagonal touch, L diagonal touch, shuffle R forward, rock step, sailor ¼

1-& stepping RF diagonal R fwd(1), touch LF next to RF(&)
2-& stepping LF diagonal L fwd(2), touch RF next to LF(&)
3-&-4 stepping RF fwd(3), step LF next to RF (&), stepping RF fwd(4)
5-6 Rock LF fwd (5), recover on RF (6)
7-&-8 Cross LF behind RF (7), ¼ turn R with RF (&) stepping LF to L (8)

TAG 1 (after 32 counts in wall 1)

[1-2]:2x Walks fwd

1-2 Walk RF forward, Walk LF forward (Start again)

TAG 2 (after wall 2 (32 counts))

[1-8] 2x walks, mambo step, body roll back, stepping together(R-L), Body roll

1-2 walk RF fwd, walk LF fwd
3-&-4 Rock RF fwd (3), recover weight back on LF (&), stepping RF back (4)
5-6 stepping LF back with a body roll (5-6)
7-&-8 stepping RF back (7), stepping LF next to RF(&), roll body from down and up (8)

TAG 3 after wall 5 (12:00)

[1-2] 2x walks fwd

1-2 walk RF fwd, walk LF fwd (Start again)

Last Update: 20 Nov 2023

