

# Raise Up

拍數: 32      牆數: 4      級數: Improver  
編舞者: Hiroko Carlsson (AUS) - July 2023  
音樂: Rise Up - TheFatRat : (Spotify/Apple Music/Deezer)



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(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)