

Raise The Bar

拍數: 32 牆數: 4 級數: High Improver
編舞者: Calum McLean (SCO) - February 2024
音樂: Raise The Bar - Craig Morgan & Luke Combs



#8 count intro

****4 tags, 2 with a restart

Tag 1 – Wall 1, Count 32; Touch R to right, Close R to L

Tag 2 – Wall 2, Count 32; Right K-Step (Step R forward, Close L to R, Step L backward, Close R to L, Step R backward, Close L to R, Step L forward, Close R to L)

Tag 3 – Wall 3, Count 16: Jazz Box (Cross R over L, Step L backwards, Step R foot right, Close L to R), then Restart

Tag 4 – Wall 5, Count 16: Touch R to right, Close R to L, then Restart

Finish on Wall 7, Count 25 with a ¼ turn over left shoulder and Stomp R foot to right

Section 1 - Shuffle forward R, Shuffle forward L, Step R ½ turn, Shuffle forward R

1 Step R forward
& Close L to R
2 Step R forward
& Hold
3 Step L forward
& Close R to L
4 Step L forward
& Hold
5 Step R forward, ½ turn over left shoulder
6 Step L forward
7 Step R forward
& Close L to R
8 Step R forward
& Hold

Section 2 - Syncopated grapevine L, Knee pops, Syncopated Grapevine R, Coaster step,

1 Step L to left
& Cross R behind L
2 Step L to left and bump R knee forward
3 Bump L knee forward
4 Bump R knee forward
5 Step R to right
& Cross L behind R
6 Step R to right
7 Step L backwards
& Close L to R
8 Step forward onto L

Section 3 - Shuffle forward R, Shuffle backward L, Rock back recover, Rock forward ¼ turn recover

1 Step R forward
& Close L to R
2 Step R forward
& Hold
3 Step L backward

- & Close R to L
- 4 Step L backward
- & Hold
- 5 Step R backward and rock weight onto R
- 6 Recover weight onto L
- 7 Step R forward and rock weight onto R, with a $\frac{1}{4}$ turn over left shoulder
- 8 Recover weight on L

Section 4 - Chasse right, Chasse left, $\frac{1}{2}$ turn left, $\frac{1}{2}$ turn left

- 1 Step R to right
 - & Close L to R
 - 2 Step R to right
 - & Hold
 - 3 Step L to left
 - & Close R to L
 - 4 Step L to Left
 - & Hold
 - 5 Step R forward, with $\frac{1}{4}$ turn over left shoulder
 - 6 Step L backward, with $\frac{1}{4}$ turn over left shoulder
 - 7 Step R forward, with $\frac{1}{4}$ turn over left shoulder
 - 8 Step L backward, with $\frac{1}{4}$ turn over left shoulder
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