

Raised For This

拍數: 88 牆數: 4 級數: Phrased Advanced
編舞者: Darran Casey (USA) & Jason Aban (USA) - May 2024
音樂: Eyes Closed - Imagine Dragons



Phrased Sequence: B-C-D-D A-B-C-D-D A-tag-C-D-D-D-D

Start: After 18 counts, about 13 seconds in

Notes: 1 Tag = 2 counts A = 16 counts | B = 32 counts | C = 32 counts | D = 8 counts

A always happens on 6:00, B and C always happens on 12:00, D will happen on all 4 walls

Part A

[1-8] Side, Behind Rock-Recover, 1/8 L Fwd, Lock, Rock Fwd, Recover-Ball-Fwd, Leg Lift into 3/8 Turn L with Point

1-2& Step RF right (1), Rock LF behind RF (2), Recover onto RF (&) 6:00
3-4 1/8 Turn left Stepping LF fwd (3), Lock RF behind LF (4) 4:30
5-6& Press fwd on LF (5), Recover back on RF (6), Step LF next to RF (&) 4:30
7-8 Step RF fwd while slowly Lifting LF back (7), 3/8 Turn left point LF fwd and elevated (8) 12:00

[9-16] Step Fwd, Cross Samba, Step Fwd, Rock Fwd, Recover, 1/2 R Fwd, 1/2 R Locking Triple

1-2& Step LF fwd (1), Cross RF over LF (2), Rock left on LF (&) 12:00
3-4 Recover onto RF (3), Step LF fwd (4) 12:00
5-6 Rock fwd on RF (5), Recover back on LF (6) 12:00
7&8& 1/2 Turn right Stepping fwd on RF (7), 1/4 Turn R Stepping left on LF (&), Cross RF over LF (8),
1/4 Turn R Stepping back on LF (&) 12:00

Part B

[1-8] Coaster Step, 1/4 L Cross-Side-Behind, 2x 1/4 R Chugs, Coaster-Cross with 1/4 R

1&2 Step RF back (1), Step LF next to RF (&), Step RF fwd (2) 12:00
3&4 1/4 Turn left Crossing LF across RF (3), Step RF right (&), Step LF behind RF (4) 9:00
5&6& Press right on RF (5), Recover onto LF with 1/4 Turn right (&), Press right on RF (6), Recover
onto LF with 1/4 Turn right (&) 3:00
7&8 Step RF back (7), Step LF next to RF (&), 1/4 Turn right Crossing RF across LF 6:00

[9-16] Scissor Step L, Scissor Step R, Full Walkabout L (Walk, Walk, Triple with Sweep)

1&2 Step left Rocking on LF (1), Recover onto RF (&), Cross LF over RF (2) 6:00
3&4 Step right Rocking on RF (3), Recover onto LF (&), Cross RF over LF (4) 6:00
5-6 1/4 Turn left Stepping fwd on LF (5), 1/4 Turn left Stepping fwd on RF (6) 12:00
7&8 1/4 Turn left Stepping fwd on LF (7), Step RF next to LF (&) 1/4 Turn left Stepping fwd on LF
while Sweeping RF back to front (8) 6:00

[17-24] Cross, 1/4 R Back-Ball-Fwd, Lock-Step, Rocking Chair with 1/4 Turn R

1-2& Step RF across LF (1), 1/4 Turn right Stepping LF back (2), Step RF next to LF (&) 9:00
3-4& Step LF fwd (3), Lock RF behind LF (4), Step LF fwd (&) 9:00
5-6 Step RF fwd Rocking on RF (5), Recover back on LF (6) 9:00
7-8 1/4 Turn right Rocking right on RF (7), Recover left on LF (8) 12:00

[25-32] Behind with Front to Back Sweep, Behind, Side Rock, Recover, Behind-Side-Cross, Spiral, Fwd, 2x Run Fwd

1-2 Step RF behind LF Sweeping LF front to back (1), Step LF behind RF (2) 12:00
3&4& Rock right on RF (3), Recover left on LF (&), Step RF behind LF (4), Step left on LF (&) 12:00
5-6 Cross RF over LF (5) Make a full spiral turn L Hooking LF over RF (6) 12:00
7-8& Step LF fwd (7), Run fwd on RF (8), Run fwd on LF (&) 12:00

Part C

[1-9] Press Fwd, Recover-Out-Out, 2x Knee Twists, ½ L Glide Turn, Scissor Step, Side-Close-Fwd

- 1-2&3 Press fwd on RF (1), Recover back on LF (2), Step RF slightly right (&), Step LF slightly left (3) 12:00
- 4&5 Shift onto LF bending R knee inward (4), Shift onto RF bending L knee inward (4), ½ Turn L Stepping in-place on LF while dragging RF behind LF to right side (5) 6:00
- 6&7 Step right Rocking on RF (6), Recover onto LF (&), Cross RF over LF (7) 6:00
- 8&1 Step left on LF (8), Step RF next to LF (&), Step LF fwd (1) 6:00

[10-17] Rock Back with ½ R Look, Recover, Scissor R, Slide L into ½ R Glide Box, Back-Lock-Back

- 2-3 Rock back on RF looking back over R shoulder (2), Recover fwd onto LF (3) 6:00
- &4&5 Step right on RF (&), Step left on LF (4), Cross RF over LF (&), Slide left on LF (5) 6:00
- 6-7 ¼ Turn R Stepping right on RF (6), ¼ Turn R Stepping left on LF (7) 12:00
- 8&1 Step back on RF (8), Cross LF over RF (&), Step back on RF (1) 12:00

[18-24] Rock Back with Kick Fwd, Recover, Fwd, ¼ R Cross Samba, Cross Samba

- 2 Rock back on LF kicking RF fwd (2) 12:00
- 3-4 Recover fwd on RF (3), Step fwd on LF (4) 12:00
- 5&6 ¼ Turn R Crossing RF over LF (5), Step left Rocking on LF (&), Recover onto RF (6) 3:00
- 7&8 Cross LF over RF (7), Step right Rocking on RF (&), Recover onto LF (8) 3:00

[25-32] Cross, Back, Side, Cross, Back, Side, Cross, Side, Scuff, ¼ R Step Fwd, ½ Chase R,

- 1&2& Cross RF over LF (1), Step back on LF (&), Step right on RF (2), Cross LF over RF (&) 3:00
- 3&4& Step back on RF (3), Step left on LF (&), Cross RF over LF (4), Step LF left (&) 3:00
- 5-6 Scuff RF Swinging RF from left to right (5), ¼ Turn right Stepping RF fwd (6) 6:00
- 7&8 Step fwd on LF (7), ½ Turn right Stepping fwd on RF (&), Step LF fwd (8) 12:00

Part D

[1-8] Hitch, Step R with Arms Crossing Face, Shimmy with Arm Drop, Ball-Fwd-Scuff-Press, Heel Swivel, Heel Drop, Hitch, ¼ L Step R, Touch, Step L

- &1 Hitch R knee (&), Step RF right while Crossing both arms across eyes (1) 12:00
- &a2 e&3 Shimmy shoulders as arms are gradually lowered to side (&a2e&a3) 12:00
- &4&5 Step RF next to LF (&), Step LF fwd (4), Scuff RF next to LF (&), Press ball of RF fwd (5) 12:00
- &a6& Twist R heel right (&), Twist R heel to center (a), Drop R heel (6), Hitch R knee (&) 12:00
- 7&8 ¼ Turn L Stepping RF right (7), Touch LF next to RF (&), Step LF left (8) 9:00

Tag

[1-2] Rock back, Recover

- 1-2 Rock Back on RF (1), Recover Fwd on LF (2) 12:00
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