

Raise Up

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Pauline Greenwood (AUS)
音樂: You Raise Me Up - Westlife



FORWARD, BACK, UNWIND, (WALL 1, TOE BEHIND UNWIND BRUSH), STEP/SWAY SWAY TOGETHER, TURN ¼ RIGHT, FORWARD TURN ½ RIGHT BACK, TURN ½ RIGHT FORWARD, TURN ½ RIGHT BACK, BACK, ROCK/REPLACE FORWARD

- 1-2 Step left foot forward, step/rock back onto ball of right foot to unwind ¾ left turn (weight on right)
- On wall 1, touch left toe behind right keeping weight onto right unwind ¾ left turn (weight on right) brushing left heel across to right knee (3:00)**
- 3-4 Step / sway left to left side, step / sway right to right side
- &5&6 Step left together turning ¼ right, step right forward, turn ½ right, step left back, turn ½ right step right forward (6:00)
- &7-8 Turning a further ½ right stepping back on left, step back on right, rock/replace forward on left (12:00)

FORWARD, TURN ½ LEFT, BACK, ROCK /REPLACE FORWARD, TOGETHER, TURN ½ RIGHT FORWARD, TURN ½ RIGHT BACK, TURN ½ RIGHT FORWARD, TOGETHER, FORWARD, BACK, TURN ¼ RIGHT SIDE, SWEEP, TURN ¼ LEFT BACK TURN ½ LEFT FORWARD

- &1-2 Step right forward, turn ½ left stepping back on left, rock / replace forward onto right
- &3&4 Step left beside right, turn ½ right step right forward, turn ½ right step right back, turn ½ right step right forward, (12:00)
- &5&6 Step left beside right, step right forward, step left back turn ¼ right stepping right to right side
- 7&8 Sweep left around and across in front of right, turn ¼ left step back right, turn ¼ left step left forward (6:00)

TOUCH FORWARD, SWEEP, TURN ¼ RIGHT, SCUFF, ACROSS, ROCK/STEP, BACK TOGETHER, ACROSS TURN ¼ RIGHT, ROCK/STEP, TOGETHER, ACROSS, TURN ¼ LEFT BACK, PIVOT ½ LEFT, SIDE SWAY SWAY

- 1-2 Touch right toe forward, sweep right toe around and out to the side (making an arch/ weight on right) turning ¼ right
- &3&4 Scuff left ball of foot, step left across right, rock/step back onto right, step left beside right
- 5&a Step right across left turning ¼ right, rock/step back onto left, step right beside left
- 6&a Step left across right turning ¼ left, step right back pivot ½ left, step left to left side
- 7-8 Step/sway right to right side, step/sway left to left side, (3:00)

SAILOR, TOGETHER, SHUFFLE FORWARD, TOGETHER, LUNGE ACROSS ROCK/STEP, TOGETHER FORWARD, PIVOT ½ LEFT, FORWARD, PIVOT ½ LEFT

- 1&2 Step right behind left, step left to left side, rock/replace weight onto right, step left beside right
- 3&4& Step right forward, step/slide left beside right, step right forward, step left beside right
- 5-6 Lunge right across in front of left, rock/step back onto left
- &7&8 Step right beside left, step left forward, pivot ½ left, step left forward pivot ½ left (3:00)

REPEAT

TAG

At the end of wall 4, facing 12:00

- 1-2 Lunge forward onto left, step back onto right
- &3-4& Step left beside right, step right forward, pivot ½ left (weight on left) step right together

TAG

At the end of wall 6, facing 12:00

1-4 Hold 4 beats

ENDING

Wall 7

1-12 Music tempo slows down, matched by steps

13-14 Sway hips left, sway hips right

15-18 Left full turn left right left, sway hips right

19-20 Step left to left side dragging right to left
