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| --- | --- |
| Raise Em UP (Remix) |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | High Beginner | . |
| **Choreographer:** | Val Saari (CAN) - April 2021 | | | | |
| **Music:** | Raise Em Up (2021 Remix) (feat. Freeway & Ed Sheeran) - Alonestar | | | | |
| . | | | | | | |

**Intro: 16 counts. Begin on the word "up"**

**TOE STRUTS FWD WITH HIP BUMPS (RL), ROCK /RECOVER, COASTER STEP**

|  |  |
| --- | --- |
| 1&2 | Touch RF toes forward & bump hips RLR, (step heel down on count 2) |

|  |  |
| --- | --- |
| 3&4 | Touch LF toes forward while bumping hips LRL, (step LF heel down on count 4) |

|  |  |
| --- | --- |
| 5-6 | Rock RF forward, Recover LF |

|  |  |
| --- | --- |
| 7&8 | Rock RF back, Step LF together, Step RF forward |

**TOE STRUTS FWD WITH HIP BUMPS (LR), ROCK/RECOVER SAILOR STEP 1/4 L**

|  |  |
| --- | --- |
| 1&2 | Touch LF toes forward & bump hips LRL, (step heel down on count 2) |

|  |  |
| --- | --- |
| 3&4 | Touch RF toes forward while bumping hips RLR, (step heel down on count 4) |

|  |  |
| --- | --- |
| 5-6 | Rock LF forward, Recover RF |

|  |  |
| --- | --- |
| 7&8 | Sailor Step LRL turn 1/4 L |

**SWAY, SYNCOPATED WEAVE X 2 (RL)**

|  |  |
| --- | --- |
| 1-2 | Step RF to R side and sway hips R,L |

|  |  |
| --- | --- |
| 3&4 | Step RF behind L, Step LF left, Step RF across L |

|  |  |
| --- | --- |
| 5-6 | Step LF to L side and sway hips L,R |

|  |  |
| --- | --- |
| 7&8 | Step LF behind R, Step RF right, Step LF across R |

**STEP-TURN 1/4 LEFT TWICE, HIP BUMPS RLR, LRL**

|  |  |
| --- | --- |
| 1-2 | Step RF forward, Turn 1/4 turn left (weight on left) |

|  |  |
| --- | --- |
| 3-4 | Step RF forward, Turn 1/4 turn left (weight on left) |

|  |  |
| --- | --- |
| 5&6 | Step RF right and bump hips RLR |

|  |  |
| --- | --- |
| 7&8 | Bump hips LRL |

**Style Ideas: Add in some arm movements, Have fun!!!**

**REPEAT**

**No tags, no restarts**

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