Raise 'Em Up

拍数: 32	墙数: 4	级数: Improver

编舞者: Donna Manning (USA) - March 2015

音乐: Raise 'Em Up (feat. Eric Church) - Keith Urban

Start with weight on L, R out to the R side….

Sec.1 (1-8)☐Bend, Raise, Down, Step, Kick, Back 2X, Hook

1&2,	Bring R to L and bend slightly, Raise Up on the balls of both , lower to L taking weight
3,4,5,6,7,8	Step R fwrd, kick L fwrd, step back L-R, hook L over R shin (bowing head in places during the song based on lyrics – listen and you decide) , step L fwrd (12:00)

Sec.2 (9-16)☐Step, ¼ Turn, Grind, Step, Step, Grind, Step, Step

1,2	Step R fwrd, ¼ turn L
3,4,5	R heel grind (place R heel across L turning toe into midline, push off R heel as you turn toe out to R and step back on L), step R to R side
6,7,8	L heel grind, (place L heel across R turning toe into midline, push off L heel as you turn toe out to L and step back on R), step L to L side (9:00)

Sec.3 (17-24)☐¼ Heel Grind, Rock, Recover, Step, ½ Turn, Step ¼ Turn

1,2	¼ turn R heel grind (R heel across L- as you place pressure on heel make ¼ turn R stepping back on L)
3,4	Rock back on R, recover weight to L
5,6,7,8	Step R fwrd, ½ turn L taking weight to L, step R fwrd, ¼ turn L weight to L (over rotate a bit) (3:00)

Sec.4 (25-32)☐Cross Rock, Weave, Side Rock

1,2	Cross Rock R over L, recover weight to L
3,4,5,6	Step R to R side(open hip to R), cross L over R, R to R side, step L behind R
7,8	Rock R to R side, recover weight to L (3:00)

TAG: After wall 6 - add the following 4 counts
The second time we start wall at 3:00....Tag happens facing 6:00

1,2,3,4	Step R fwrd, point L to L side, Step L fwrd, point R to R side

HAVE FUN! Enjoy this beautiful song!