Raise One Up



拍数: 32 墙数: 4 级数: Improver

编舞者: Hiroko Carlsson (AUS) - April 2022

音乐: Raise One Up - Kameron Marlowe: (iTunes/Amazon)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(16 counts intro)

[S1] Side-Touch, Back-Slap, Side-Behind-1/4L-Scuff

1&2	Step R to the side, Touch L next to R, Step back on L
&3	Slap R foot in front of you with left hand, Step R to the side
&4&	Step L behind R, Step R to the side, Touch L next to R
5&6	Step L to the side, Touch R next to L, Step back on R
&7	Slap L foot in front of you with right hand, Step L to the side

&8& Step R behind L, Make a 1/4 turn left stepping forward on L, Scuff R forward (9:00)

[S2] Rocking Chair, Fwd Rock-1/4R, Cross Rock-Side Rock, Cross-Rock-1/4L

100k 101 Wald Oll IX. IXEDIACE WEIGHT OILE, IXOCK DACK OILIX. IXEDIACE WEIGHT OILE	1&2&	Rock forward on R, Replace weight on L, Rock back on R, Replace weight on L
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Rock forward on R, Replace weight on L, Make a 1/4 turn right stepping R to the side (12:00)

5&6& Rock L over R, Replace weight on R, Rock L to t the side, Replace weight on R

7&8 Rock L over R, Replace weight on R, Make a 1/4 turn left stepping forward on L (9:00)

[S3] Charleston Step w/ Run-Run, Fwd Touch-Back-Back Touch-Fwd, Step-Pivot 3/4L-Side

182 TOUCH R toe forward, Swing R foot from front to back, Step back on	1&2	Touch R toe forward, Swing R foot from front to back, Step back on	ıR
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3&4& Touch L toe back, Swing L foot from back to front, Step forward on L, Step forward on R

5&6& Point L toe forward, Step back on L, Touch R toe back, Step forward on R

7&8 Step forward on L, Make a 3/4 turn right replace weight on R, Step L to the side (6:00)

[S4] Behind-Side-Cross Rock, Side Shuffle, Cross-1/4L-Back Rock-1/2R Back Shuffle

1&2& Step R behind L, Step L to the side, Rock R over L, Replace weight on L

3&4 Side shuffle to the right on R-L-R

5&6& Cross L over R, Make a 1/4 turn left stepping back on R, Rock back on L, Replace weight on

R (3:00)

7&8 Make a 1/2 turn right stepping back on L, Step R close to L, Step back on L (9:00)

Restart + Step change on Wall 3 count 8** (3:00) and Wall 4 count 8** (12:00)

Dance up to count 7&. Then, step change

8& Make a 1/4 turn left stepping forward on L, Hold (instead of scuff)

Ending suggestion: The last wall starts facing 6:00, dance up to S4 count 6& (9:00). Then,

Make a 1/4 turn right side shuffle to the left on L-R-L (12:00)

(updated: 6/Apr/22)