

Raise One Up

拍數: 32 牆數: 4 級數: Improver
編舞者: Hiroko Carlsson (AUS) - April 2022
音樂: 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-Side-Touch, 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

1&2& Rock forward on R, Replace weight on L, Rock back on R, Replace weight on L
3&4 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 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

1&2 Touch R toe forward, Swing R foot from front to back, Step back on R
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)