

Raise Em UP (Remix)

COUNT: 32 WALL: 4 LEVEL: High Beginner

CHOREOGRAPHER: Val Saari (April, 2021)

MUSIC: Raise Em Up -2021 Remix, Alonestar feat. Ed Sheeran & Freeway

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