

Raise Em UP (Remix)

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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