

Raise Em Up

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Count: 32 **Wall:** 4 **Level:** High Beginner

Choreographer: Cathy Garland (USA) - July 2026

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

Intro: 16 counts (approx 12 sec)

Restart Wall 3 after 16 counts, Tag & Restart Wall 7 after 16 counts

HEEL & HEEL & ROCKING CHAIR, SHUFFLE RLR (12:00-12:00)

1&2&R Heel(1), Return(&), L Heel(2), Return(&)

3-4 Rock R forward, Recover L

5-6 Rock R back, Recover L

7&8R forward, L next to R, R forward

ROCKING CHAIR, ½ PIVOT, SHUFFLE LRL (12:00-6:00)

1-4 Rock L forward, Recover R, Rock L back, Recover L

5-6 Step L forward, Make ½ turn R keeping weight on R

7&8L forward, R next to L, L forward

RESTART Wall 3: Starts at 6:00 happens at 12:00

TAG & RESTART Wall 7 - 4 Count Tag Rocking Chair, then Restart: Starts at 9:00 happens at 3:00

HEEL & HEEL & ROCK R RECOVER, BEHIND SIDE CROSS, ROCK L RECOVER (6:00-6:00)

1&2&R Heel(1), Return(&), L Heel(2), Return(&)

3-4 Rock R to R, Recover L

5&6R behind L, L to L, Cross R over L

7-8 Rock L to L, Recover R

STEP POINT X2, JAZZ BOX ¼ TURN L (6:00-9:00)

1-4L forward, Point R, R forward, Point L

5-8 Cross L over R, making $\frac{1}{4}$ turn L Step R back, Step L forward, Touch R next to L

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