

# Brought Up

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Tom Inge Soenju (NOR) - July 2022

Music: Raised Up - Rvshvd

**Note: The dance will work with different types of music with a “straight” beat.**

**A couple of alternative music below with different tempo...**

**Pop (Slower, 128 BPM): “It’s Gonna be OK” by Second Life (32C intro)**

**Rock n’ Roll (Faster, 166 BPM): “Runaround Sue” by Human Nature (~32C slow, start at tempo change)**

**Intro: 16 counts.**

**Sequence: Repeating sequence.**

**Tag/Restart: No tags or restarts.**

**End: Dance as normal until music ends, then pose/finish.**

## **SECTION 1: SYNC CHASSE WITH A HEEL TOUCH x2 (R/L)**

- 1-2 Step RF to R side, Step LF next to RF
- 3-4 Step RF to R side, Touch L heel to L diagonal
- 5-6 Step LF to L side, Step RF next to LF
- 7-8 Step LF to L side, Touch R heel to R diagonal

**(OPT: Count 4 and 8 may be changed to L/R hitches, or L/R toe touch next to RF/LF, if preferred)**

## **SECTION 2: B ROCK-REC-SIDESTEP-HOLD x2 (R/L)**

- 1-2 Rock RF back, Transfer weight onto LF
- 3-4 Step RF to R side, Hold
- 5-6 Rock LF back, Transfer weight onto RF
- 7-8 Step LF to L side, Hold

## **SECTION 3: R CROSS POINT, SIDE POINT, B TOUCH, KICK, BEHIND-SIDE-1/8 L TURN STEP**

- 1-2 Point RF across LF, Point RF to R side
- 3-4 Touch RF behind LF, Kick RF fwd to R diagonal
- 5-6 Step RF behind LF, Step LF next to RF
- 7-8 Turn 1/8 to your L stepping RF fwd, Hold [10:30]

## **SECTION 4: L TOUCH IN, TOUCH OUT, KICK, BACK, BACK, SIDESTEP, CROSS ROCK, REC**

- 1 Touch LF next to RF with L knee and toes pointing inwards (towards 12:00)
- 2 Touch LF next to RF with L knee and toes pointing outwards (towards 09:00)
- 3-4 Kick LF fwd, Step LF back [09:00]
- 5-6 Step RF back, Step LF next to RF (correct yourself towards 09:00 O'clock if not already)
- 7-8 Cross (rock) RF over LF, Transfer weight onto LF

**Start again and enjoy! Happy Dancing!**

**Abbreviations: BPM: Beats per minute, R: Right, L: Left, F: Foot, fwd: Forward, B: Back, SYNC: Syncopated, OPT: Optional, REC: Recover**

**If anything is unclear or if you would like additional information, please contact me on:**

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