

# RAISE A CUP TO FREEDOM

Groove #1 - Start with cup in Right Hand

1    2    1 2 3 4 L Hand    PASS    R Hand    PASS    L Hand    Cup Down    Cup Top    Cup Down.    L Hand

Groove #2 - Cup in Right Hand

1    2    1 2 3 4 Cup Down Right    LH Cup Down Right    Side Down Right    LH Side Down Right    Cup Down Right    LH CLAP    Grab Cup Right    LH Cup Down Right

Cup Down Right    LH Cup Down Right    Side Down Right    LH Side Down Right    Cup+ L Hand    Cup+ L Hand    Pass Cup to the Right

Groove #3 - Cup in Right Hand

1    2    1 2 3 4 Cup Down Right    LH Cup Down Right    Visual (Move).    Visual (Move).    Visual (Move).    Visual (Move).    Visual (Move).    Visual (Freeze)

Groove #4 - Cup in Right Hand

1    2    1 2 3 4 CUP+ L Hand    CUP+ L Hand    CUP+ L Hand    DAB! (HOLD)