

Rise

Count: 32

Wand: 2

Ebene: Intermediate

Choreograf/in: Jérôme Ciurana (FR) - January 2020

Musik: Rise (Sing It Loud) - Caroline Jones



Description : 16 count from the beginning or near 10 sec do 32&, 16&, 32&, 16&, Tag, 16& , 4 temps tag&, 32&, 32&, 16&, Tag, 16&, 4&, 32&, 16&, 16&, 4 temps tag&, 32&, 16

[1-8] POINT RIGHT FORWARD, HOLD, POINT LEFT FORWARD, POINT RIGHT FORWARD, LEFT SHUFFLE FORWARD, RIGHT HEEL GRIND 1/4 TURN

- 1-2 RIGHT toe forward, Hold
- &3 Step RIGHT beside left, LEFT toe forward
- &4 Step LEFT beside right, RIGHT toe forward
- & Step RIGHT beside left
- 5&6 Step LEFT forward, Step RIGHT next left, Step LEFT forward {shuffle}
- 7-8 Heel grind RIGHT 1/4 turn right [3H], Step LEFT next to right {heel grind}

[9-16] ROCK STEP, SHUFFLE FORWARD, STEP TURN, CROSS ROCK

- 1-2 Step RIGHT back, Recover weight to LEFT {rock step}
- 3&4 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward {shuffle}
- 5-6 Step LEFT forward, "Pivot 1/4 turn right [6H]
- 7-8 Cross LEFT over right, Recover weight to RIGHT
- & Step LEFT next to right

[17-24] LEFT ROLLING VINE, CLAP, RIGHT ROLLING VINE, CLAP

- 1-2-3 1/4 turn left and step LEFT forward [3H], 1/2 turn left and step RIGHT back [9H], 1/4 turn left and step LEFT to left side [6H]
- 4 Clap hands {clap}
- 5-6-7 1/4 turn right and step RIGHT forward [9H], 1/2 turn right and step LEFT back [3H], 1/4 turn right and step RIGHT to right side [6H]
- 8 Clap hands {clap}

[25-32] RIGHT HEEL FORWARD, LEFT HEEL FORWARD, RIGHT HEEL FORWARD, RIGHT HOOK, RIGHT HEEL FORWARD, RIGHT FLICK, SHUFFLE FORWARD, POINT LEFT FORWARD, HOLD

- 1& RIGHT heel forward, Step RIGHT next to left
- 2& LEFT heel forward Step LEFT next to right
- 3&4 RIGHT heel forward, RIGHT hook, RIGHT heel forward
- & RIGHT flick back
- 5&6 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward {shuffle}
- 7-8 LEFT toe forward, Hold {hold}
- & Step LEFT beside to right

Tag : 6 temps

[1-6] : RIGHT SIDE TOUCH, LEFT SIDE TOUCH, RIGHT SIDE TOUCH

- 1-2 Step RIGHT to right side, Touch LEFT toe beside right
- 3-4 Step LEFT to left side, Touch RIGHT toe beside left
- & Step LEFT beside right
- 5-6 Step RIGHT to right side, Touch LEFT toe beside right

RIIIIIIIIIIISE !!!!!!!

Les références des heures ne valent que sur le premier mur

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