

# Rise Up

COPPER KNOB  
BY SHEETS

Count: 32

Wand: 4

Ebene: Intermediate

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Musik: TheFatRat - Rise Up



Tag : 4 counts After wall 3

Bridge : On wall 6 after 16 counts

Start Dance after Intro 4 counts ( on Lyrics )

## S1# FORWARD - LOCK SHUFFLE FORWARD (sweep) - CROSS - SIDE - BACK ( sweep ) CROSS BEHIND - SIDE - 1/8 LOCK SHUFFLE

1-2&3 Step L forward , R forward , L lock behind R , R forward with L sweep forward  
4&5 L cross over R , R side , L back with R sweep back  
6&7&8 R cross behind L , L side , R forward 1/8 to L ( 10.30 ) , L lock behind R , R forward

## S2# MAMBO DIAGONAL - COASTER STEP - FULL TURN FORWARD - SIDE TOUCH - CROSS - SIDE TOUCH

1&2 Step L forward ( 10.30 ) , R in place , L back  
3&4 R back , L close beside R , R forward ( 10.30 )  
5&6 L 1/2 turn to R , R 1/2 turn to R , L side touch ( 12.00 )  
7-8 L cross over R , R side touch ( 12.00 ) weight on L

\*( Bridge Here on Wall 6 , SWAY )\*

## S3# CROSS ( side kick ronde ) - CROSS - SIDE - BACK 1/4 ( hitch ) - CROSS BEHIND - SIDE - CROSS ( sweep ) 1/8 - LOCK SHUFFLE FORWARD - FORWARD - HITCH

1-2&3 Step R cross over L with L side kick ronde , L cross over R , R side , L back 1/4 turn to L with R knee up  
4&5 R cross behind L , L side , R cross over L with L sweep forward 1/8 to R ( 10.30 )  
6&7 L forward ( 10.30 ) , R lock behind L , L forward  
&-8 R forward , L knee up ( 10.30 )

## S4# SIDE PUSH BODY MOVED 1/4 - SWEEP - CROSS SHUFFLE ( sweep ) - CROSS ( sweep ) - CROSS ( sweep 1/4 ) - LOCK SHUFFLE FORWARD

1-2 Step L push body 1/4 turn to L ( 4.30 ) , R tap in place with L sweep to facing 12.00  
3&4 L cross over R , R side , L cross over R with R sweep forward  
5-6 R cross over L with L sweep forward , L cross over R with R sweep 1/4 turn to L ( 9.00 )  
7&8 R forward , L lock behind R , R forward ( 9.00 )

## TAG: 4 COUNTS

### NIGHT CLUB

1-2&3 Step L side slightly , R cross behind L , L in place , R side slightly  
4-& L back , R in place

## BRIDGE: 4 COUNTS

1-4 Making Sway R - L - R - L

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Dancing with Your Heart ♥