

# Rise & Shine

Count: 40

Wand: 2

Ebene: Intermediate

Choreograf/in: Caz Mawby (UK)

Musik: Rise - Gabrielle



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## **BACK ROCK RECOVER ½ TURN, BACK ROCK RECOVER ¼ TURN, BACK ROCK RECOVER SIDE, SWEEP CROSS BACK SIDE**

- 1&2 Rock back onto left recover weight on right ½ turn right and step back on left
- 3&4 Rock back onto right recover weight on left ¼ turn left and step right to side
- 5&6 Rock back onto left recover weight on right step left to side
- 7&8 Sweeping right in front of left cross right over left step back on left step right to side

## **BACK ROCK STEP FORWARD, STEP PIVOT ¾ TURN LEFT SIDE STEP, BEHIND SIDE CROSS, SWAY TWICE**

- 1&2 Rock back onto left recover weight on right step forward on left
- 3&4 Step forward onto right pivot ¾ turn left step right to side
- 5&6 Cross left behind right step right to side cross left over right
- 7-8 Stepping right to side sway hips right sway hips left

## **BEHIND SIDE CROSS, ¼ TURN, ¼ TURN CROSS, ¼ TURN, ¼ TURN CROSS, SWAY TWICE**

- 1&2 Cross right behind left step left to side cross right over left
- 3&4 Make a ¼ turn right and step back on left, make a ¼ turn stepping right to side cross left over right
- 5&6 Make a ¼ turn left and step back on right, make a ¼ turn left and step left to side cross right over left
- 7-8 Stepping left to side sway hips left sway hips right

## **BACK ROCK RECOVER ¼ TURN LEFT, STEP PIVOT ½ TURN STEP, TRIPLE FULL TURN FORWARD, SIDE ROCK RECOVER ¼ TURN LEFT**

- 1&2 Rock back onto left recover weight ¼ turn left and step forward on left
- 3&4 Step forward onto right pivot ½ turn left step forward onto right
- 5&6 Triple full turn forward ½ turn stepping back on left ½ turn stepping forward on right step forward on left
- 7&8 Rock right out to side recover weight ¼ turn left step forward on right

## **HEEL SWITCHES TWICE, PLACE, STEP PIVOT ½ TURN STEP, HEEL SWITCHES TWICE, PLACE, STEP PIVOT ½ TURN STEP**

- 1&2& Touch left heel forward step left next to right touch right heel forward step right next to left
- 3&4 Step forward onto left pivot ½ turn right step forward on left
- 5&6& Touch right heel forward step right next to left touch left heel forward step left next to right
- 7&8 Step forward onto right pivot ½ turn left step forward on right

**REPEAT**

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