

# Rise Up

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Chris Jones (UK)

Musik: Rise Up - Sunkids



## **STEP FORWARD, FORWARD, BACK TAP TAP, BACK, BACK, FORWARD, TAP TAP**

- 1-2 Step forward on right, step forward left, (shoulder width apart)  
3&4 Step back on right and tap left toe twice traveling towards right  
5-6 Step back on left, step back on right, (shoulder width apart)  
7&8 Step forward on left, and tap right toe twice traveling towards left

## **KICK BALL STEP, RIGHT SHUFFLE, STEP TURN ¼ RIGHT, KICK BALL STEP TO SIDE**

- 9&10 Kick right forward, step on right, step forward on left  
11&12 Triple step forward right, left, right  
13-14 Step left forward, turn ¼ to right stepping right to side  
15&16 Kick left to right diagonal, step left next to right, step right to right side

## **CROSS ROCK AND SIDE SHUFFLE TWICE**

- 17-18 Rock left across front of right, rock back on right  
19&20 Step side together side to left stepping left, right, left  
21-22 Rock right across front of left, rock back on left  
23&24 Step side together side to right stepping right, left, right

## **HEEL SWITCHES AND DOUBLE CLAP TWICE**

- 25&26 Put left heel forward and replace, put right heel forward  
&27&28 Put left heel forward, clap clap  
&29&30 Replace left, put right heel forward, replace, put left heel forward  
&31&32 Replace left, put right heel forward, clap clap  
& Step right next to left

## **STEP STEP STEP KICK, CROSS AND STEP TWICE**

- 33-36 Step left in place, step right in place, step left in place, kick right forward  
37&38 Cross right across left, step left to left, step right to right side  
39&40 Cross left across right, step right to right, step left to left side

## **ROCK FORWARD BACK & FULL TURN TRIPLE STEP,, ROCK FORWARD BACK COASTER**

- 41-42 Rock forward on right rock back on left  
43&44 Do full turn to right doing a right triple step, (or do a triple step in place)  
45-46 Rock forward on left back on right  
47&48 Step back left step right next to left, step forward on left

## **WALK RIGHT LEFT TURN ½ TO RIGHT STEP FORWARD LEFT TWICE**

- 49-50 Walk forward right left  
51-52 Turn ½ to right stepping on right step forward left  
53-56 Repeat steps 49-52

## **CROSS ROCK & SIDE SHUFFLE TWICE**

- 57-58 Rock right across front of left, rock back on left  
59&60 Step side together side to right stepping right, left, right  
61-62 Rock left across front of right, rock back on right  
63&64 Step side together side to left stepping left, right, left

REPEAT

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