

# Rise & Fall

Count: 32

Wand: 2

Ebene: Intermediate

Choreograf/in: Masters In Line (UK) - June 2007

Musik: Rise & Fall (feat. Sting) - Craig David



Count in: Start 32 counts from Start of Track when beat kicks in

- 1-8**            **STEP FORWARD, ½ TURN BACK LOCK, SWEEP, BEHIND SIDE CROSS ROCK, 1/4 , 1/2, ¼ SIDE**
- 1,2&            Step forward on left foot, make a ½ turn left and step back on right foot, lock left foot over right foot
- 3,4&            Step back on right foot and sweep left foot back, cross left foot behind right foot, step right foot to right side
- 5,6&            Cross rock left foot over right foot, recover weight onto right foot, make a ¼ turn left and step forward on left foot
- 7,8             Make a ½ turn left and step back on right foot, make a ¼ turn left and step left foot to left side
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- 9-16**           **STEP FORWARD, ½ TURN BACK LOCK, SWEEP, BEHIND SIDE CROSS, ROCK ¼ , ½, ½**
- 1,2&            Step forward on right foot, make a ½ turn right and step back on left foot, lock right foot over left foot
- 3,4&            Step back on left foot and sweep right foot back, cross right foot behind left foot, step left foot to left side
- 5,6&            Cross rock right foot over left foot, recover weight onto left foot, make a ¼ turn right and step forward on right foot
- 7,8             Make a ½ turn right and step back on left foot, make a ½ turn right and step forward on right foot
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- 17-24**           **SIDE, BEHIND SIDE CROSS ROCK, BACK & ROCK, BACK & CROSS UNWIND SWEEP.**
- 1                Step left foot to left side
- 2&3            Cross right foot behind left foot, step left foot to left side, cross rock right foot over left foot
- 4&5            Recover weight back onto left foot, step right foot to right side, cross rock left foot over right foot
- 6&7            Recover weight back onto right foot, step left foot to left side, cross right foot over left foot to face left diagonal (2.00)
- 8                On one count unwind a full turn left and sweep left foot back (no weight) to end up back facing left diagonal (2.00)
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- 25-32**           **STEP BACK, BACK ½ TURN SIDE, BEHIND SWEEP BEHIND ¼, ROCK & ½, ¾ TURN**
- 1                Step back on left foot still facing diagonal
- 2&3            Step back on right foot, make a ½ turn left and step forward on left foot still on diagonal now facing (7.00), step right foot to right side to square up to 6.00
- 4&5            Cross left foot behind right foot and sweep right foot back, cross right foot behind left foot, make a ¼ turn left and step forward on left foot
- 6&7            Rock forward on right foot, recover weight onto left foot, make a ½ turn right and step forward on right foot
- 8&             Make a ½ turn right and step back on left foot, make a ¼ turn right and step right foot to right side.

**END OF DANCE**

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