

# Rise & Shine

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Simon Ward (AUS) - August 2012

Musik: Rise & Shine - Si Cranstoun : (Album: Rise & Shine Single. - iTunes)



Notes: 16 count tag at the end of walls 2, 4 & 6

Dance starts on vocals, Dance finishes on count 37 (stomp right fwd with hands out to side)

## [1-8] Rock back, Recover, ¼ turn, Brush, L fwd, Pivot ½ R, L fwd, Brush

- 1-2 Rock/step right behind left turning body slightly right, Recover weight onto left
- 3-4 Step right slightly to right turning ¼ turn right, Brush left forward
- 5-6 Step left forward, Pivot ½ turn right taking weight onto right
- 7-8 Step left forward, Brush right foot forward

## [9-16] Right lock/step fwd, Brush, Left lock/step fwd, Brush

- 1-2 Step right forward, Lock/step left behind right
- 3-4 Step right forward, Brush left foot forward
- 5-6 Step left forward, Lock/step right behind left
- 7-8 Step left forward, Brush right foot forward

## [17-24] R fwd, Pivot ¼ turn, Cross, Hold, ¼ turn R, ¼ turn R, Cross, Hold

- 1-2 Step right forward, Pivot ¼ turn left taking weight onto left
- 3-4 Cross/step right over left, Hold
- 5-6 Step left to left turning ¼ turn right, Step right back turning ¼ turn right
- 7-8 Cross/step left over right, Hold

## [25-32] Side, Recover, Weave ¼ turn L, R fwd, Pivot 3/8 left

- 1-2 Rock/step right to right side, Recover weight onto left
- 3-4 Cross/step right over left, Step left to left side
- 5-6 Step right behind left, Step left to left side turning ¼ turn left
- 7-8 Step right slightly forward, Pivot 3/8 turn left taking weight onto left

## [33-40] R fwd, Hold, L fwd, Hold, Fwd, Recover, Side, Recover

- 1-2 Step right forward, Hold
- 3-4 Step left forward, Hold
- 5-6 Rock/step right forward, Recover weight onto left
- 7-8 Rock/step right to right side, Recover weight onto left

## [41-48] Coaster Step, Brush, L fwd, Pivot 3/8 turn right, Cross, Kick

- 1-2 Step right back, Step left beside right
- 3-4 Step right forward, Brush left foot forward
- 5-6 Step left forward, Pivot 3/8 turn right taking weight onto right
- 7-8 Cross/step left over right, Kick right to right side (turning body slightly right)

## [49-56] R Side, Hitch, L Cross, Kick, R Side, Hitch, L Cross, Hitch

- 1-2 Step right slightly to right, Hitch left knee slightly across right
- 3-4 Cross/step left over right, Kick right to right side
- 5-6 Step right slightly to right, Hitch left knee slightly across right
- 7-8 Cross/step left over right, Hitch right knee

## [57-64] Side, Recover, Cross, Hold, ¼ turn R, ¼ turn R, Cross, Kick

- 1-2 Rock/step right to right side, Recover weight onto left
- 3-4 Cross/step right over left, Hold

- 5-6 Step left to left turning  $\frac{1}{4}$  turn right, Step right back turning  $\frac{1}{4}$  turn right  
7-8 Cross/step left over right, Kick right at 45 deg right

## RESTART

**Tag: Finish dance with a hold in place of the kick at 45 deg to start tag.**

**2 x Monterey turns, Step drag, Twist heels with kick**

- 1-4 Point right toe to right, Step right beside left turning  $\frac{1}{2}$  turn right, Point left toe to left, Step left beside right  
5-8 Repeat above 4 counts touching left beside right on count 8  
9-12 Large step left dragging right beside left for 3 counts  
13-16 Twist heels, right, left, right, left kicking right at 45 deg turning body slightly right to restart

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