

Rise

Count: 32

Wall: 4

Level: Beginner

Choreographer: Gianni Hook Valassi (IT) - January 2021

Music: Rise (Sing It Loud) - Caroline Jones



TAGS: 12 count: 3° wall after 16 count, 5° wall after 20 count

(1) ROCK STEP R / COASTER STEP / ROCK STEP L / COASTER STEP

- 1-2 step right forward - recover
- 3&4 step right back - together - step right forward
- 5-6 step left forward - recover
- 7&8 step left back - together - step left forward

(2) HEEL R ¼ TURN / COASTER STEP / HEEL L ¼ TURN / COASTER STEP

- 1-2 heel right - ¼ turn (h. 3,00)
- 3&4 step right back - together - step right forward
- 5-6 heel left - ¼ turn (h. 12,00)
- 7&8 step left back - together - step left forward

(3) SHUFFLE R / SHUFFLE L / ROCK STEP R / SHUFFLE BACK R

- 1&2 step right forward - together - step right forward
- 3&4 step left forward - together - step left forward
- 5-6 step right forward - recover
- 7&8 step right back - together - step right back

(4) SHUFFLE BACK L / ROCK BACK / STEP R / ¾ TURN / STOMP X 2

- 1&2 step left back - together - step left back
- 3-4 step right back - recover
- 5-6 step right forward - ¾ turn
- 7-8 stomp right - stomp left

TAG

- 1-2 big step right side - stomp up
 - 3-4 ¼ turn big step left side - stomp up
 - 5-6 ¼ turn big step right side - stomp up
 - 7-8 ¼ turn big step left side - stomp up

 - 1-2 ¼ turn big step right side - stomp
 - 3-4 hold
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