

# Rise (Lost Frequencies)

Count: 64

Wall: 2

Level: Easy Intermediate

Choreographer: Jérôme Ciurana (FR) - August 2021

Music: Rise - Lost Frequencies



**Déscription :** 32 counts or on the lyric 16 sec do 3 wall complete and the 32 first steps [4MF3H] restart the dance on wall 6H do the dance at the end

## [1-8] ROCK SIDE RIGHT, CROSS SHUFFLE, ROCK SIDE LEFT, COASTER STEP

- 1-2 Step RIGHT to right side, Recover weight on LEFT {rock step}
- 3&4 Cross RIGHT over left, Step LEFT to left side, Cross RIGHT over left {cross shuffle}
- 5-6 Step LEFT to left side, Recover weight on RIGHT {rock step}
- 7&8 Step LEFT back, Step RIGHT beside left, Step LEFT forward {coaster step}

## [9-16] ROCK STEP FORWARD, 1/2 SHUFFLE, 1/2 TURN, 1/2 TURN, ROCK STEP FORWARD

- 1-2 Step RIGHT forward, Recover weight on LEFT {rock step}
- 3&4 1/4 turn right and step RIGHT to right side [3H], Step LEFT beside right, 1/4 turn right and step RIGHT forward [6H]
- 5-6 1/2 turn right and step LEFT back [12H], 1/2 turn right and step RIGHT forward [6H]
- 7-8 Step LEFT forward, Recover weight on RIGHT {rock step}

## [17-24] ROCK STEP BACK, SHUFFLE STEP FORWARD, MONTEREY 1/4 TURN

- 1-2 Step LEFT back, Recover weight on RIGHT {rock step}
- 3&4 Step LEFT forward, Step RIGHT next to left, Step LEFT forward {shuffle}
- 5-6 Point RIGHT to right side, 1/4 turn right and step RIGHT beside left [9H]
- 7-8 Point LEFT to left side, Step LEFT beside right

## [25-32] CHASSE RIGHT, ROCK STEP BACK, SHUFFLE FORWARD, ROCK STEP FORWARD

- 1&2 Step RIGHT to right side, Step LEFT beside right, Step RIGHT to right side {chasse}
- 3-4 Step LEFT back, Recover weight on RIGHT {rock step}
- 5&6 Step LEFT forward, Step RIGHT next to left, Step LEFT forward {shuffle}
- 7-8 Step RIGHT forward, Recover weight on LEFT {rock step}

## [33-40] BACK TOE STRUT RIGHT, BACK TOE STRUT LEFT, ROCK STEP BACK, KICK BALL POINT

- 1-2 RIGHT toe back, Drop RIGHT heel on floor {toe strut}
- 3-4 LEFT toe back, Drop LEFT heel on floor {toe strut}
- 5-6 Step RIGHT back, Recover weight on LEFT {rock step}
- 7&8 Kick RIGHT forward, Ball RIGHT beside left, Point LEFT to left side

## [41-48] LEFT SHUFFLE FORWARD, ROCK STEP FORWARD, 1/4 TURN SIDE, HOLD, AND SIDE TOUCH

- 1&2 Step LEFT forward, Step RIGHT next to left, Step LEFT forward {shuffle}
- 3-4 Step RIGHT forward, Recover weight on LEFT {rock step}
- 5-6 1/4 turn side and step RIGHT to right side [12H], Hold {hold}
- &7 Step LEFT beside right, Step RIGHT to right side
- 8 Touch LEFT beside right

## [49-56] ROLLING VINE LEFT, TOUCH AND CLAP , ROLLING VINE LEFT, TOUCH AND CLAP

- 1-2-3 1/4 turn left and step LEFT forward [9H], 1/2 turn left and step RIGHT back [3H], 1/4 turn left and step LEFT to left side [12H]
- 4 Touch RIGHT beside left and clap hands
- 5-6-7 1/4 turn right and step RIGHT forward [3H], 1/2 turn right and step LEFT back [9H], 1/4 turn right and step RIGHT to right side [12H]
- 8 Touch LEFT beside right and clap hands

**[57-64] CHASSE LEFT, ROCK STEP BACK, STEP 1/2 TURN, 1/2 TURN, 1/2 TURN**

1&2 Step LEFT to left side, Step RIGHT beside left, Step LEFT to left side {chasse}  
3-4 Step RIGHT back, Recover weight on LEFT {rock step}  
5-6 Step RIGHT forward, Pivot 1/2 turn left [6H]  
7-8 1/2 turn left and step RIGHT back [12H], 1/2 turn left and step LEFT forward [6H]

**RISE ANOTHER TIME !!!!!!!**

**Les références des heures ne valent que sur le premier mur**

**Association spirit of country :**

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**<http://club.quomodo.com/spiritofcountry/bienvenue.html>**

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