

Rise - AB

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Annemaree Sleeth (AUS) - February 2025

Music: Rise - Calum Scott



Note I have written this for the students at Sherbrooke U3a Seniors Who have trouble with Turns Melbourne Australia.

Intro: 8 Counts, Start at approx 4 secs

S 1 (1 -8) VINE TOUCH, VINE TOUCH

- 1-2 Step Right Side, Cross Left Slightly Behind Right
- 3-4 Step Right Side, Touch Left Beside Right
- 5-6 Step Left Side, Cross Right Behind Left
- 7-8 Step Left Side, Touch Right Beside Left

S 2 (9 - 16) WALK BACK 3, TOUCH, FWD TOG FWD TOUCH

- 5-6 Step Right Back Step Left Back
- 7-8 Step Right Back, Touch Left Beside Right
- 5-6 Step Left Forward, Step Right Beside Left
- 7-8 Step Left Forward , Touch Right Beside Left

S 3 (17 - 24) SIDE, TOUCHES X 2 SWAYS (ARM) OUT TO SIDES

- 1-2 Step Right Side, Touch Left Beside Right
- 3-4 Step Left Side , Touch Right Beside Left
- 5-6 Sway Hips Right, Sway Hips Left Arm Out to Sides and Finish Above Head
- 7-8 Sway Hips Right, Sway Hips Left Touch Right Beside Left

A Harder Otion On Step Touches Double Hips Right and Double Hips Left

S 4 (25 -32) VINE TOUCH, ¼ VINE TOUCH

- 1-2 Step Right Side, Cross Left Slightly Behind Right
- 3-4 Step Right Side, Touch Left Beside Right
- 5-6 Step Left Side, Cross Right Behind Left
- 7-8 Step Left Side, Touch Right Beside Left

ending complete vine, step left out arms above head to Rise (ONE WALL VERSION DON'T TURN LAST VINE)

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Watch The Video On Annemaree Sleeth Youtube (Frederina521)

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