

Rise

Count: 32

Wall: 1

Level:

Choreographer: Steven Bray

Music: Rise - Disturbed



SHUFFLE, SHUFFLE, TAP, TAP, TAP, KICK, HITCH, STEP

- 1&2 Shuffle right
- 3&4 Shuffle left
- 5&6 Tap right toe forward 3 times leaning forward
- 7&8 Kick right forward, hitch right leg, step right forward making $\frac{3}{4}$ turn right (not taking weight)

SLIDE, SLIDE, SLIDING RONDE, SAILOR STEP

- 9-10 Slide right
- 11-12 Slide left
- 13-14 Ronde with left making $\frac{3}{4}$ turn while sliding forward on right
- 15&16 Sailor step left

MONTEREY, POINT & POINT, MONTEREY, POINT & POINT

- 17-18 Monterey right making a full turn
- 19&20 Point left to left side, hitch left, point left to right side
- 21-22 Monterey right making a full turn
- 23&24 Point right to right side, hitch right, point right to left side

PRESS, RECOVER, SHUFFLE, HOOK, TURN, STOMP, FOOT SLIDE, STOMP

- 25-26 (On ball of right) press right to right side, recover weight onto left
- 27&28 Shuffle right
- 29&30 Hook right behind left, make $\frac{1}{2}$ turn right on ball on left, stomp right
- 31&32 Slide right to right side, stomp left

REPEAT
