

Rise And Shine!

Count: 32

Wall: 4

Level: Beginner hustle

Choreographer: Scott Turpin (USA) & Yvonne Johnson

Music: Early In the Morning - The Gap Band



¼ TURN LEFT, CROSS SHUFFLE RIGHT OVER LEFT, STEP BACK LEFT, ¼ TURN RIGHT, SHUFFLE FORWARD LEFT/RIGHT/LEFT

1-2-3&4 Step forward on right foot, ¼ turn left, cross shuffle right over left

5-6-7&8 Step back on left foot, ¼ turn right, shuffle forward left/right/left

STEP FORWARD RIGHT, ½ TURN LEFT, SHUFFLE FORWARD RIGHT/LEFT/RIGHT, ¼ TURN LEFT, SAILOR SHUFFLE

1-2-3&4 Step forward right, ½ turn left, shuffle forward right/left/right

5-6-7&8 Step forward left, ¼ turn left, weight on right, step left behind right, step right to right, step left next to right (weighting on left foot)

KNEE POP, ¼ TURN RIGHT, KICK/BALL/STEP, STEP FORWARD, ½ TURN LEFT, SHUFFLE FORWARD

1-2-3&4 Point right toe to right bringing right knee towards the left knee, "pop" right knee to right while turning ¼ turn to right, kick right foot forward, step right next to left.

5-6-7&8 Step right foot forward taking weight on right foot, turn ½ turn left, shuffle forward right/left/right

CROSS STEP LEFT OVER RIGHT, POINT RIGHT TOE RIGHT, RIGHT KNEE POP, JAZZ SQUARE WITH ¼ TURN RIGHT

1-2-3-4 Step left foot over right, point right toe to right, bring right knee in/out keeping weight on left foot

5-6-7-8 Step right foot over left, step left foot back, step right foot to right making ¼ turn, step left foot next to right taking weight on left foot

REPEAT
