

# Underdog (Rise Up)

**Compte:** 48

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Jean Weinachter & Nathalie Damar (LUX/FR) - March 2020

**Musique:** Underdog - Alicia Keys



**Introduction - 16 counts – Dance: 48, 32, Tag, 48, 32, Tag, 16, Restart, 32, Tag, 32**

## **SECTION 1: STEP, CROSS - SIDE, CROSS, SIDE - ROCK, RECOVER, SHUFFLE ¼ TURN**

- 1 - 2 Step L fwd, cross R over L
- 3 & 4 Step L to left, Cross R behind L, Step L to left
- 5 - 6 Rock R fwd, Recover on L
- 7 & 8 Turn ¼ R and step R to side, step L together, Step R to side (3:00)

## **SECTION 2: SKATE, SKATE, ½ TURNING LOCK STEP - SKATE, SKATE, ½ TURNING LOCKSTEP**

- 1 - 2 Skate L, Skate R
- 3 & 4 Turn ¼ L and step L fwd, Lock R behind left, Turn ¼ L and step L fwd (9:00)
- 5 - 6 Skate R, Skate L
- 7 & 8 Turn ¼ R and step R fwd, Lock L behind R, Turn ¼ R and step R fwd (3:00)

**Restart here on wall 5 (3h)**

## **SECTION 3: TURNING 1/4 DIAMOND - STEP LOCK STEP – STEP, TURN, CROSS**

- 1 & 2 Cross L over right, turn 1/8 L and step back R, step back L (1:30)
- 3 & 4 Step R back, turn 1/8 L and step L to side, Turn 1/8 L and step R diag. fwd (10:30)
- 5 & 6 Step L forward, Lock R behind, Step L fwd
- 7 & 8 Step fwd L, Recover on L foot by turning 1/8 L (facing 9 o'clock), Cross R over L (9.00)

## **SECTION 4: ¼ TURN, ¼ TURN, CROSS SHUFFLE - SIDE ROCK RECOVER, BEHIND SIDE CROSS**

- 1 - 2 Turn ¼ R and step L back, Turn ¼ R and step R to side (3.00)
- 3 & 4 Cross L over right, Step R to right, Cross L over right
- 5 - 6 Rock R to side, recover on L
- 7 & 8 Cross R behind left, Step L to left, Cross R over left

## **SECTION 5: STEP TURN ½, SIDE SHUFFLE - STEP TURN ½, SIDE SHUFFLE**

- 1 - 2 Step L fwd, Turn ½ R (keeping weight on L foot) (9.00)
- 3 & 4 Step R to side, step L together, Step R to side
- 5 - 6 Step L fwd, Turn ½ R (keeping weight on L foot) (3:00)
- 7 & 8 Step R to side, step L together, Step R to side

## **SECTION 6: ROCK RECOVER & ROCK RECOVER - BACK BACK COASTER STEP**

- 1 - 2& Rock L fwd, recover on R, step L in place next to R (&)
- 3 - 4 Rock R fwd, recover on L
- 5 - 6 Step back R, Step back L
- 7 & 8 Step back R, Step L beside R, Step fwd R (3:00)

**RESTART on wall 5 after 16 counts (3.00)**

**TAG after 32 counts on walls 2 (6.00), 4 (12.00) and 6 (6:00)**

## **TAG: WALK/STOMP, CLAP 4X – WALK AROUND FULL TURN**

- 1 - 8 Walk L Fwd, clap hands, Walk R fwd, clap Hands, Walk L Fwd, clap hands, Walk R fwd, clap Hands
- 9 - 16 Walk 8 steps by doing a full circle counterclockwise starting L foot

**ENDING: Replace the BEHIND SIDE CROSS of section 4 by a SAILOR  $\frac{1}{4}$  R to finish the dance at 12h**

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