

# Rise Up

**Compte:** 32

**Mur:** 2

**Niveau:** Novice

**Chorégraphe:** Sandra Moschel (FR) - 18 August 2021

**Musique:** Rise Up - Charles Monneraud



**[1-8] Side step - Together - Shuffle fwd - Side step - Together - Shuffle back**

- 1-2 RF right - left next to right \*
- 3 & 4 RF forward - left next to right \* - RF forward \*
- 5-6 step left to left - step right next to left \*
- 7 & 8 Step left back - Right next to left \* - Left back \*

**[9-16] Side rock - Cross shuffle - Side rock - behind 1/4 turn (R) - Step fwd**

- 1-2 RF to the right with press - Back press LF \*
- 3 & 4 Cross right over left (2x) \*
- 5-6 LF to the left with support - Back press R \*
- 7 & 8 Left behind right - 1/4 turn right \* - RF right - LF forward \*

**[17-24] Rock fwd - Shuffle 1/2 turn (R) - Step 1/2 turn (R) Shuffle fwd**

- 1 - 2 RF forward with press - Back press LF \*
- 3 & 4 1/2 to the right - RF forward - left next to right \* - RF forward \*
- 5-6 LF forward forward - 1/2 turn right \*
- 7 & 8 LF forward - LF next to LF \* - LF forward \*

**[25-32] Side step - Behind - 1/4 turn (R) - Shuffle fwd - Rock fwd - Coaster step**

- 1-2 RF right - left behind right \*
- 3 & 4 1/4 turn right - RF forward - left next to right \* - right before\*
- 5-6 LF forward with press - Back press R \*
- 7 & 8 Step left back - step right next to left \* - step left forward \*

**Tag: Sailor step**

**(On the 6th wall in the 2nd section do not make 1/4 of tour) - (6H00)**

**Restart: After the Tag**

**\* Clap: The claps are made on the accounts: 2 - and 4 and 6 - and 8**

**No claps on the 1st wall - When there are no claps in the music do not do either**