

# Rise Up AB EZPZ

Compte: 24

Mur: 4

Niveau: Easy Beginner



Chorégraphe: Mitzi Day (USA) - May 2023

Musique: Still Rolling Stones - Lauren Daigle

One easy tag that lasts 1 second. Chug 4 times ending at front wall. comes right after the slow music . don't do the knee raises and you hear the stomp stomp stomp stomp. music is at 2:46 and facing wall 9. Tag starts after 16 counts. explaining the chugs= Press right foot forward to turn 1/4 left, press right foot forward to turn 1/4 left, press right foot forward to turn 1/4 left , touch right toe facing 12:00. it sounds harder than it is.

**Section 1=Walk forward right, left,right, point left foot to left side, walk back left , right, left point right toe to right side**

1-2-3-4 Walk forward right, left, right and point left toe to left side.

5-6-7-8 Walk back left, right, left and point right toe to right side. (12:00)

**Section 2= Turn 1/4 right and walk forward r-l-r-place left heel forward. Walk back l-r-l point right toe back.**

1-2-3-4 Turn 1/4 right and walk forward right,left,right,and place left heel forward.(3:00)

5-6-7-8 Walk back left,right,left, point right toe behind keeping weight on left.(3:00)

**Section 3= Step r hitch left knee, , step left hitch right knee while turning 1/4, step right turning 1/4 hitch left , step forward left leaving weight on both feet and turn 1/2.**

1-2 Step forward on right . hitch left knee up.

3-4 Step down on left foot. Turn 1/4 and hitch right knee up to 6:00

5-6 Turn to 9:00 Step down on right foot and hitch left knee up.

7-8 Step down on left foot (9:00) keeping weight on both feet and turn on balls of both feet 1/2 with both feet in same place.(3:00)

1-2 Step right forward,turn 1/4 left pressing right foot in order to turn( 9:00)

3-4 Step right forward, turn 1/4 left (6:00)

5-6 Stomp right foot forward putting weight on both feet

7-8 turn with weight on both feet and turn 1/4 left (3:00)

have fun and smile!!

Last Update: 29 May 2023