

# Rise 'n' Shine

**Compte:** 64

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Gaye Teather (UK)

**Musique:** Wake Up Little Susie - The Everlys Experience



## **RIGHT SIDE HEEL STRUT, CROSS STRUT, SIDE ROCK, CROSS, HOLD**

- 1-2 Step right heel to right side, drop right toe to floor
- 3-4 Cross left heel over right foot, drop left toe to floor
- 5-8 Rock right to right side, recover onto left, cross right over left, hold

## **LEFT SIDE HEEL STRUT, CROSS STRUT, SIDE ROCK, CROSS, HOLD**

- 1-2 Step left heel to left side, drop left toe to floor
- 3-4 Cross right heel over left foot, drop right toe to floor
- 5-8 Rock left to left side, recover onto right, cross left over right, hold

## **SIDE, CLOSE, BACK, HOLD, SIDE, CLOSE QUARTER TURN LEFT, HOLD**

- 1-4 Step right to right, step left beside right, step back on right, hold
- 5-6 Step left to left side, step right beside left
- 7-8 Turn quarter left stepping forward left, hold (facing 9:00)

## **SIDE, CLOSE, BACK, HOLD, COASTER STEP, HOLD**

- 1-4 Step right to right side, step left beside right, step back on right, hold
- 5-8 Step back on left, step right beside left, step forward on left, hold

## **STEP, HALF TURN LEFT, STEP, HOLD, TRIPLE FULL TURN RIGHT, HOLD**

- 1-4 Step forward on right, pivot half turn left, step forward on right, hold
- 5-8 Triple full turn right stepping left, right, left (traveling slightly forward) (facing 3:00)

**Option: steps 5-8 can be replaced with a left lock step forward**

## **SIDE, TOUCH, QUARTER LEFT, TOUCH, QUARTER LEFT, TOUCH, SIDE, TOUCH**

- 1-2 Step right to right side, touch left toe slightly behind right foot
- 3-4 Turn quarter left stepping left to left, touch right toe slightly behind left foot
- 5-6 Turn quarter left stepping right to right side, touch left toe slightly behind right foot
- 7-8 Step left to left side, touch right toe slightly behind left foot (facing 9:00)

## **RIGHT CROSS ROCK, SIDE, HOLD, LEFT CROSS ROCK, SIDE, HOLD**

- 1-4 Cross rock right over left, recover onto left, step right to right side, hold
- 5-8 Cross rock left over right, recover onto right, step left to left side, hold

## **CROSS, BACK, SIDE, HOLD, CROSS, SIDE, CROSS, HOLD**

- 1-4 Cross right over left, step back on left, step right to right side, hold
- 5-8 Cross left over right, step right to right, cross left over right, hold

**REPEAT**

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