

Rise Up

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Chris Jones (UK)

Musique: Rise Up - Sunkids



STEP FORWARD, FORWARD, BACK TAP TAP, BACK, BACK, FORWARD, TAP TAP

- 1-2 Step forward on right, step forward left, (shoulder width apart)
- 3&4 Step back on right and tap left toe twice traveling towards right
- 5-6 Step back on left, step back on right, (shoulder width apart)
- 7&8 Step forward on left, and tap right toe twice traveling towards left

KICK BALL STEP, RIGHT SHUFFLE, STEP TURN ¼ RIGHT, KICK BALL STEP TO SIDE

- 9&10 Kick right forward, step on right, step forward on left
- 11&12 Triple step forward right, left, right
- 13-14 Step left forward, turn ¼ to right stepping right to side
- 15&16 Kick left to right diagonal, step left next to right, step right to right side

CROSS ROCK AND SIDE SHUFFLE TWICE

- 17-18 Rock left across front of right, rock back on right
- 19&20 Step side together side to left stepping left, right, left
- 21-22 Rock right across front of left, rock back on left
- 23&24 Step side together side to right stepping right, left, right

HEEL SWITCHES AND DOUBLE CLAP TWICE

- 25&26 Put left heel forward and replace, put right heel forward
- &27&28 Put left heel forward, clap clap
- &29&30 Replace left, put right heel forward, replace, put left heel forward
- &31&32 Replace left, put right heel forward, clap clap
- & Step right next to left

STEP STEP STEP KICK, CROSS AND STEP TWICE

- 33-36 Step left in place, step right in place, step left in place, kick right forward
- 37&38 Cross right across left, step left to left, step right to right side
- 39&40 Cross left across right, step right to right, step left to left side

ROCK FORWARD BACK & FULL TURN TRIPLE STEP,, ROCK FORWARD BACK COASTER

- 41-42 Rock forward on right rock back on left
- 43&44 Do full turn to right doing a right triple step, (or do a triple step in place)
- 45-46 Rock forward on left back on right
- 47&48 Step back left step right next to left, step forward on left

WALK RIGHT LEFT TURN ½ TO RIGHT STEP FORWARD LEFT TWICE

- 49-50 Walk forward right left
- 51-52 Turn ½ to right stepping on right step forward left
- 53-56 Repeat steps 49-52

CROSS ROCK & SIDE SHUFFLE TWICE

- 57-58 Rock right across front of left, rock back on left
- 59&60 Step side together side to right stepping right, left, right
- 61-62 Rock left across front of right, rock back on right
- 63&64 Step side together side to left stepping left, right, left

REPEAT
