

Rise Again

Compte: 32

Mur: 4

Niveau: Intermediate NC2S

Chorégraphe: Kim Lillskog (SWE) & Ida Wahlström (SWE) - October 2013

Musique: What if - Cookies n Beans : (Single)



Section 1: Basic Nightclub x2, ½ Diamond

- 1, 2 & Step right to right side, Close left behind right, Cross right over of left
- 3, 4 & Step left to left side, Close right behind left, Cross left over of right
- 5, 6 & Step right to right side, Turn 1/8 left stepping back on left, Step back on right
- 7, 8 & Turn 1/8 left stepping left to left side (facing 9 o'clock) Turn 1/8 left stepping forward on right, Step forward on left

Section 2: Finish diamond, Close, Cross, Triple turn 3/4 right, Step forward, ½ turn left, Cross rock

- 1, 2, 3 Square up to 6 o'clock stepping right to right side, Close left next to right, Cross right over left
- 4 & 5 Turn 1/4 right stepping back on left, Turn ½ right stepping forward on right, Step forward on left
- 6 & 7 Step forward on right, Bring left in towards right (weight still on right), Turn ½ left stepping forward on left
- 8 & Cross rock right over left, Recover weight onto left

Restart here during walls 2 and 6

Section 3: Step side, Back rock, ½ turn right with sweep, Behind side cross with sweep, Cross ½ turn left into basic nightclub

- 1, 2 & 3 Step right to right side, Rock back on left, Recover weight onto right, Turn ½ stepping back on left sweeping right from front to back
- 4 & 5 Step right behind left, Step left to left side, Cross right over left sweeping left from back to front
- 6 & 7 Cross left over right, Turn 1/4 left stepping back on right, Turn 1/4 left stepping left to left side
- 8 & 1 Close right behind left, Cross left over right, Step right to right side

Section 4: Cross rock, Side, Cross Unwind, Sweep, Cross, Back, Side, Cross

- 2, 3 & 4 Cross rock left over right, Recover weight onto right, Step left to left side, Cross right over left
- 5, 6 Unwind full turn left ending with weight on left sweeping right from back to front
- 7 & 8 & Cross right over left, Step left back, Step right to right side, Cross left over right

Start Again

Tag after wall 3: Basic nightclub right, Step side left, Cross rock

- 1, 2 & Step right to right side, Close left behind right, Cross right over of left
- 3, 4 & Step long step to left to left side, Cross rock right over left, Recover weight onto left

Start Again

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