

Rise

拍数: 128 墙数: 1 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - November 2018
音乐: Rise (feat. Jack & Jack) - Jonas Blue : (iTunes)



(8 count intro /dance starts after you hear "We're gonna")

[S1] R Heel Walk-Touch, Side-Behind-1/4L, Side Rock, Box Step w/ Touch

1&2& R heel twist out to right side, R toe out, R heel out, Touch L next to R
3&4 Step L to side, Step R behind L, Make a ¼ turn left stepping forward on L
&5 6 Rock/step R to side, Recover weight on L, Cross R over L
7&8 Step L back, Step R to side, Touch L next to R (9:00)

[S2] L Heel Walk-Touch, Side-Behind-1/4R-Rock Turn 1/4R, Fwd, Fwd-Lock-Fwd-Fwd

1&2& L heel twist out to left side, L toe out, L heel out, Touch R next to L
3&4 Step R to side, Step L behind R, Make a ¼ turn right stepping forward on R
&5 6 Rock/step L forward, Make a ¼ turn right recover weight on R, Step L forward
7&8& Step R forward, Lock/step L behind R, Step R forward, Step L forward (3:00)

[S3] Fwd Rock, 2x Back-Lock-Back, Scissor Cross, Coaster Step

1& Rock/step R forward, Recover weight on L
2&3 Step R back, Lock/cross L over R, Step R back
&4& Step L back, Lock/cross R over L, Step L back
5&6 Step R to side, Step L together, Cross R over L
7&8 Step L back, Step R next to L, Step L forward (3:00)

[S4] Side-Hitch Behind-Hitch 1/4R, Rocking Chair, Step-Pivot 1/2L, Prissy Walk RL

1&2& Step R to side, Hitch L, Step L behind R, Make a ¼ turn right on ball of L and Hitch R
3&4& Rock/step forward on R, Recover weight on L, Rock/step back on R, Recover weight on L
5 6 Step R forward, Make a ½ turn left recover weight on L
7 8 Prissy walk R-L (12:00)

[S5] Side-Touch-Side-Touch, Fwd-Tap-Back-Heel, Ball-Fwd, Chase Turn 1/2L, Shuffle Fwd

&1&2 Step R to side, Touch L next to R, Step L to side, Touch R next to L
&3&4 Step R forward, Touch L next to R, Step L back, R heel forward
&5 Step R next to L, Step L forward
6& Step R forward, Make a ½ turn left recover weight on L
7&8 Shuffle forward R-L-R (6:00)

[S6] 1/4R Side-Touch-Side-Touch, Fwd-Tap-Back-Heel-Together, Fwd, Chase Turn 1/4R, Cross Shuffle

&1&2 Make a ¼ turn right stepping L to side, Touch R next to L, Step R to side, Touch L next to R (9:00)
&3&4 Step L forward, Touch R next to L, Step R back, L heel forward
&5 Step L next to R, Step R forward
6& Step L forward, Make a ¼ turn right recover weight on R
7&8 Cross L over R, Step R close to L, Cross L over R (12:00)

[S7] 1/4L Triple Step-Together, Hopping Chair, Fwd, Point, 1/4L, Point, Pull Together

1&2& Making a ¼ turn left triple step R-L-R (1&2), Step L together (&) – Add your own "styling"
3&4& Step R forward, Step L back, Step R back, Step L forward
5 6 Step R forward, Point L to left side
&7&8 Make a ¼ turn left stepping L over R (&), Hold (7) Point R to right side (&), Pull R next to

L (8) (6:00)

[S8] Run Back R-L-R-L, R Coaster Step, Step-Pivot 1/2R, 1/2R Back, Touch Together

1&2& Run back R-L-R-L - Add your own "styling"
3&4 Step R back, Step L next to R, Step R forward
5 6 Step L forward, Make a ½ turn right recover weight on R
7 8 Make a ½ turn right stepping back on L, R touch together (6:00)

[S9] Cross, Point, Weave R, Behind, Point, Cross-1/4R-1/4R-Cross

1 2 Cross R over L, Point L to left side
3&4& Step L behind R, Step R to side, Cross L over R, Step R to side
5 6 Step L behind R, Point R to right side
7&8& Cross R over L, Make a ¼ turn right stepping back on L, , Make a ¼ turn right stepping R to side, Cross L over R (12:00)

[S10] Side Rock-Recover 1/4L, Full Spin L, Fwd-Together, Hold, Heel Bounce, Back, 1/2L-1/4L

1 2 Rock/step R to side, Make a ¼ turn left recover weight on L
3 4& Make a full turn left on ball of R, Step L forward, Step R together (9:00)
5&6 Hold (5), Heel bounce up-down (&6)
7 8& Step R back, Make a ½ turn left stepping forward on L, Make a ¼ turn left stepping R to side (12:00)

[S11] Behind Rock, Ball-Behind-Side Rock-Behind, Side Rock, Together, Hold, R Swivel

1 2 Rock L behind R, Recover weight on R
&3 Step L to side, Step R behind L
&4& Rock/step L to side, Recover weight on R, Step L behind R
5 6& Rock/step R to side, Recover/step L to side, Step R together (stand with your feet shoulder width apart)
7&8 Hold (7), Swivel R toe right and L heel left (&), Recover to the centre (8) (12:00)

[S12] Out-Out, Toes Fan In-Out, Coaster Step, Step-Pivot 1/2R, Chase Tur 1/2R Fwd

1& Step R outward, Step L outward
2&3 Both heels dig on the floor & both toes fan in (2), Both toes fan out (&), Hold (3)
&4& Step R back, Step L next to R, Step R forward
5 6 Step L forward, Make a ½ turn right recover weight on R
7&8 Step L forward, Make a ½ turn right recover weight on R, Step L forward (12:00)

[S13] 2x Kick-Ball-Fwd-Fwd, Step-Pivot 1/2L, R Shuffle Fwd

1&2& Kick R forward, Step R next to L, Step L forward, Step R forward
3&4& Kick L forward, Step L next to R, Step R forward, Step L forward
5 6 Step R forward, Make a ½ turn left recover weight on L
7&8 Shuffle forward R-L-R (6:00)

[S14] 2x Kick-Ball-Fwd-Fwd, Step-Pivot 1/2R, L Shuffle Fwd, &

1&2& Kick L forward, Step L next to R, Step R forward, Step L forward
3&4& Kick R forward, Step R next to L, Step L forward, Step R forward
5 6 Step L forward, Make a ½ turn right recover weight on R
7&8& Shuffle forward L-R-L (7&8), Step R to side (&) (12:00)

[S15] Behind Rock, Ball-Behind-Side Rock-Behind, Side Rock, Together, Hold, R Swivel (Same as S11)

1 2 Rock L behind R, Recover weight on R
&3 Step L to side, Step R behind L
&4& Rock/step L to side, Recover weight on R, Step L behind R
5 6& Rock/step R to side, Step L to side, Step R together (stand with your feet shoulder width apart)

7&8 Hold (7), Swivel R toe right and L heel left (&), Recover to the centre (12:00)

[S16] Out-Out, Toes Fan In-Out, Coaster Step, Step-Pivot 1/2R, Chase Tur 1/2R Fwd (Same as S12)

1& Step R outwards, Step L outwards

2&3 Both heels dig on the floor & both toes fan in (2), Both toes fan out (&), Hold (3)

&4& Step R back, Step L next to R, Step R forward

5 6 Step L forward, Make a ½ turn right recover weight on R

7&8 Step L forward, Make a ½ turn right recover weight on R, Step L forward (12:00)

TAG: 4x : Rocking Chair, Samba 1/4L, Cross, 1/4L Back, Triple 3/4L (Travelling R)

1&2& Rock/step forward on R, Recover weight on L, Rock/step back on R, Recover weight on L

3&4 Step R forward, Make a ¼ turn right stepping L to side, Recover weight on R

5 6 Cross L over R, Make a ¼ turn left stepping back on R

7&8 Make a ½ turn left stepping forward on L, Make a ¼ turn left stepping R to side, Step L next to R

Go around to your right – 1st tag (3:00)+2nd Tag (6:00)+3rd tag (3:00)+4th Tag (12:00)

Please feel free to contact me if you need any further information.(hirokoinedancing@gmail.com)

(updated: 29/Oct/18)
