

Rise

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Jérôme Ciurana (FR) - January 2020
音乐: Rise (Sing It Loud) - Caroline Jones



Description : 16 count from the beginning or near 10 sec do 32&, 16&, 32&, 16&, Tag, 16& , 4 temps tag&, 32&, 32&, 16&, Tag, 16&, 4&, 32&, 16&, 16&, 4 temps tag&, 32&, 16

[1-8] POINT RIGHT FORWARD, HOLD, POINT LEFT FORWARD, POINT RIGHT FORWARD, LEFT SHUFFLE FORWARD, RIGHT HEEL GRIND 1/4 TURN

1-2 RIGHT toe forward, Hold
&3 Step RIGHT beside left, LEFT toe forward
&4 Step LEFT beside right, RIGHT toe forward
& Step RIGHT beside left
5&6 Step LEFT forward, Step RIGHT next left, Step LEFT forward {shuffle}
7-8 Heel grind RIGHT 1/4 turn right [3H], Step LEFT next to right {heel grind}

[9-16] ROCK STEP, SHUFFLE FORWARD, STEP TURN, CROSS ROCK

1-2 Step RIGHT back, Recover weight to LEFT {rock step}
3&4 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward {shuffle}
5-6 Step LEFT forward, "Pivot 1/4 turn right [6H]
7-8 Cross LEFT over right, Recover weight to RIGHT
& Step LEFT next to right

[17-24] LEFT ROLLING VINE, CLAP, RIGHT ROLLING VINE, CLAP

1-2-3 1/4 turn left and step LEFT forward [3H], 1/2 turn left and step RIGHT back [9H], 1/4 turn left and step LEFT to left side [6H]
4 Clap hands {clap}
5-6-7 1/4 turn right and step RIGHT forward [9H], 1/2 turn right and step LEFT back [3H], 1/4 turn right and step RIGHT to right side [6H]
8 Clap hands {clap}

[25-32] RIGHT HEEL FORWARD, LEFT HEEL FORWARD, RIGHT HEEL FORWARD, RIGHT HOOK, RIGHT HEEL FORWARD, RIGHT FLICK, SHUFFLE FORWARD, POINT LEFT FORWARD, HOLD

1& RIGHT heel forward, Step RIGHT next to left
2& LEFT heel forward Step LEFT next to right
3&4 RIGHT heel forward, RIGHT hook, RIGHT heel forward
& RIGHT flick back
5&6 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward {shuffle}
7-8 LEFT toe forward, Hold {hold}
& Step LEFT beside to right

Tag : 6 temps

[1-6] : RIGHT SIDE TOUCH, LEFT SIDE TOUCH, RIGHT SIDE TOUCH

1-2 Step RIGHT to right side, Touch LEFT toe beside right
3-4 Step LEFT to left side, Touch RIGHT toe beside left
& Step LEFT beside right
5-6 Step RIGHT to right side, Touch LEFT toe beside right

RIIIIIIIIIIISE !!!!!!!

Les références des heures ne valent que sur le premier mur

Association spirit of country :

spiritofcountry@hotmail.fr

<http://club.quomodo.com/spiritofcountry/bienvenue.html>
