

Rise

拍数: 48 墙数: 1 级数: Intermediate
编舞者: Stefano Civa (IT) - April 2019
音乐: Rise (Sing It Loud) - Caroline Jones



Start dancing after 16 counts

ROCK STEP, HEEL SWITCHES, ROCK STEP ¼ RIGHT, SHUFFLE ½ LEFT

1-2 Rock right fwd, recover to left
&3&4& Step right back, heel left fwd, return, heel right fwd, return
5-6 Rock step left ¼ right, recover to right
7&8 Shuffle left ½ turn left (L,R,L)

STOMP 5/8 TURN LEFT, HOLD, COASTER STEP, KICK BALL CHANGE, ROCK STEP

1-2 Stomp right 5/8 turn left (diagonal at 4:30), hold
3&4 Coaster step left
5&6 Kick ball change right
7-8 Rock step right fwd, recover to left

SHUFFLE 5/8 TURN RIGHT, ROCK SIDE ¼ RIGHT, WAVE, ROCK SIDE

1&2 Shuffle right 5/8 turn right (R,L,R) (return at 12:00)
3-4 Rock left side ¼ turn right, recover to right
5&6 Cross left behind right, step right side, cross left over right
7-8 Rock right side, recover to left

ROCK BACK, ROCK SIDE ¼ TURN, ROCK BACK, SHUFFLE FORWARD

1-2 Rock right back, recover to left
3-4 Rock right side ¼ turn left, recover to left
5-6 Rock right back, recover to left
7&8 Shuffle right fwd (R,L,R)

CHASSE' ¼ TURN RIGHT, CHASSE' ¼ TURN RIGHT, ROCK STEP, COASTER STEP

1&2 Shuffle ¼ turn right (L,R,L)
3-4 Shuffle ¼ turn right (R,L,R)
5-6 Rock left fwd, recover to right
7&8 Coaster step left

CHASSE' ¼ TURN LEFT, CHASSE' ¼ TURN LEFT, ROCK STEP, COASTER SCUFF

1&2 Shuffle ¼ turn left (R,L,R)
3-4 Shuffle ¼ turn right (L,R,L)
5-6 Rock right fwd, recover to left
7&8 Right Coaster step scuff

REPEAT

TAG 1 = 22 counts

After 32 counts on the 2nd at 5th wall

SLIDE ¼ TURN RIGHT X 4, ROCK STEP, COASTER STEP, STEP, SCUFF

1-4 Slide left side ¼ turn right, i move my right foot with my left hand
5-8 Slide right side ¼ turn right, i move my left foot with my left hand
1-4 Slide left side ¼ turn right, i move my right foot with my left hand
5-8 Slide right side ¼ turn right, i move my left foot with my left hand
1-2 Rock step right, recover to left

3&4 Coaster step right
5-6 step left forward, scuff right

TAG 2 = 2 counts

After 18 counts on the 3rd, 6th, 8th wall

STEP, SCUFF

1-2 Step left fwd, scuff right

TAG 3 = 2 counts - After 30 counts on the 4th

STEP, STOMP

1-2 Step right fwd, stomp left

FINAL

ROCK STEP, COASTER STEP, STOMP

45-46 Rock step right, recover to left

47&48 Coaster step right

1 Stomp left

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