

Rise Rise Rise

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Rise (feat. Jack & Jack) - Jonas Blue



Intro: 8 count

Section 1. Right side strut click up, Left cross strut click side. side rock. full spiral turn right

1,2 step R toe to R side. Drop R heel to floor - clicking fingers up to R side
3,4 cross step L toe over R. Drop L to floor - clicking fingers to L side
5,6 step R to R side. rock back on L.
7,8 place R toe behind L. full spiral turn right (weight on R)

Section 2. Left side strut click up, Right cross strut click side. side rock. spiral 1/2 turn left

1, 2 step L toe to L side. Drop L heel to floor - clicking fingers up to L side
3, 4 cross step R toe over L. Drop R to floor - clicking fingers to R side
5, 6 step L to L side. rock back on R
7, 8 place L toe behind R. spiral 1/2 turn left

Section 3. Fwd, hitch, sweep, weave, side rock

1,2 rock R fwd. recover on L hitching R knee up
3,4 step back on R sweeping L to L side
5&6 cross L behind R. step R to R side. cross L over R
7,8 step R to R side. rock back on L

Section 4. (step fwd, 1/2 turn)*2, swivel, sailor step, swivel

1,2 step R fwd. turn 1/2 left
3,4 step R fwd. turn 1/2 left
5 make a sharp 1/2 turn right
6&7 cross step R behind L. step L next to R. step R fwd
8 make a sharp 1/2 turn

Section 5. diagonal Dorothy step, diagonal shuffle fwd, diamond fall away

1,2& step R to R diagonal. lock L behind R. step R to R diagonal
3&4 step L to L diagonal. place R behind L. step L to L diagonal
5&6 step cross R over L. step L to L side. make 1/8 turn R stepping R back
7&8 step L back. make 1/8 turn R stepping R to R side. step L fwd

Section 6. side step, side point back, sway*2, full turn, fwd shuffle

1,2 step R to R side. touch L behind R, snapping both hands to R side
3,4 step L to L side swaying L. back on R swaying R
5&6 turn 1/4 L stepping L fwd. cross R toe over L making full spiral turn
7&8 step L fwd. step R behind L. step L fwd

Section 7. vaudeville L, R, cross R. hold. cross shuffle

1&2& cross R over L. step L to L side. right heel to right diagonal. step R in place.
3&4& cross L over R. step R to R side. left heel to left diagonal. step L in place.
5,6 cross R over L. hold
7&8 cross R over L. step L to L side. cross R over L

Section 8. step L fwd. 1/4 turn R. cross shuffle. R side rock. back rock.

1,2 step L fwd. make 1/4 turn R.

3&4 cross L over R. step R to R side. cross L over R
5,6 step R to R side. rock back on L
7,8 step R behind L. rock back on L

Last Update - 10 Oct. 2020
