

# Rise Up

拍数: 32      墙数: 2      级数: Novice  
编舞者: Sandra Moschel (FR) - 18 August 2021  
音乐: Rise Up - Charles Monneraud



## [1-8] Side step - Together - Shuffle fwd - Side step - Together - Shuffle back

1-2            RF right - left next to right \*  
3 & 4        RF forward - left next to right \* - RF forward \*  
5-6           step left to left - step right next to left \*  
7 & 8        Step left back - Right next to left \* - Left back \*

## [9-16] Side rock - Cross shuffle - Side rock - behind 1/4 turn (R) - Step fwd

1-2            RF to the right with press - Back press LF \*  
3 & 4        Cross right over left (2x) \*  
5-6           LF to the left with support - Back press R \*  
7 & 8        Left behind right - 1/4 turn right \* - RF right - LF forward \*

## [17-24] Rock fwd - Shuffle 1/2 turn (R) - Step 1/2 turn (R) Shuffle fwd

1 - 2        RF forward with press - Back press LF \*  
3 & 4        1/2 to the right - RF forward - left next to right \* - RF forward \*  
5-6        LF forward forward - 1/2 turn right \*  
7 & 8        LF forward - LF next to LF \* - LF forward \*

## [25-32] Side step - Behind - 1/4 turn (R) - Shuffle fwd - Rock fwd - Coaster step

1-2            RF right - left behind right \*  
3 & 4        1/4 turn right - RF forward - left next to right \* - right before\*  
5-6           LF forward with press - Back press R \*  
7 & 8        Step left back - step right next to left \* - step left forward \*

### Tag: Sailor step

(On the 6th wall in the 2nd section do not make 1/4 of tour) - (6H00)

Restart: After the Tag

\* Clap: The claps are made on the accounts: 2 - and 4 and 6 - and 8

No claps on the 1st wall - When there are no claps in the music do not do either