

Rise Up

拍数: 32 墙数: 2 级数: Novice
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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