

Rise (Lost Frequencies)

拍数: 64 墙数: 2 级数: Easy Intermediate
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音乐: Rise - Lost Frequencies



Déscription : 32 counts or on the lyric 16 sec do 3 wall complete and the 32 first steps [4MF3H] restart the dance on wall 6H do the dance at the end

[1-8] ROCK SIDE RIGHT, CROSS SHUFFLE, ROCK SIDE LEFT, COASTER STEP

1-2 Step RIGHT to right side, Recover weight on LEFT {rock step}
3&4 Cross RIGHT over left, Step LEFT to left side, Cross RIGHT over left {cross shuffle}
5-6 Step LEFT to left side, Recover weight on RIGHT {rock step}
7&8 Step LEFT back, Step RIGHT beside left, Step LEFT forward {coaster step}

[9-16] ROCK STEP FORWARD, 1/2 SHUFFLE, 1/2 TURN, 1/2 TURN, ROCK STEP FORWARD

1-2 Step RIGHT forward, Recover weight on LEFT {rock step}
3&4 1/4 turn right and step RIGHT to right side [3H], Step LEFT beside right, 1/4 turn right and step RIGHT forward [6H]
5-6 1/2 turn right and step LEFT back [12H], 1/2 turn right and step RIGHT forward [6H]
7-8 Step LEFT forward, Recover weight on RIGHT {rock step}

[17-24] ROCK STEP BACK, SHUFFLE STEP FORWARD, MONTEREY 1/4 TURN

1-2 Step LEFT back, Recover weight on RIGHT {rock step}
3&4 Step LEFT forward, Step RIGHT next to left, Step LEFT forward {shuffle}
5-6 Point RIGHT to right side, 1/4 turn right and step RIGHT beside left [9H]
7-8 Point LEFT to left side, Step LEFT beside right

[25-32] CHASSE RIGHT, ROCK STEP BACK, SHUFFLE FORWARD, ROCK STEP FORWARD

1&2 Step RIGHT to right side, Step LEFT beside right, Step RIGHT to right side {chasse}
3-4 Step LEFT back, Recover weight on RIGHT {rock step}
5&6 Step LEFT forward, Step RIGHT next to left, Step LEFT forward {shuffle}
7-8 Step RIGHT forward, Recover weight on LEFT {rock step}

[33-40] BACK TOE STRUT RIGHT, BACK TOE STRUT LEFT, ROCK STEP BACK, KICK BALL POINT

1-2 RIGHT toe back, Drop RIGHT heel on floor {toe strut}
3-4 LEFT toe back, Drop LEFT heel on floor {toe strut}
5-6 Step RIGHT back, Recover weight on LEFT {rock step}
7&8 Kick RIGHT forward, Ball RIGHT beside left, Point LEFT to left side

[41-48] LEFT SHUFFLE FORWARD, ROCK STEP FORWARD, 1/4 TURN SIDE, HOLD, AND SIDE TOUCH

1&2 Step LEFT forward, Step RIGHT next to left, Step LEFT forward {shuffle}
3-4 Step RIGHT forward, Recover weight on LEFT {rock step}
5-6 1/4 turn side and step RIGHT to right side [12H], Hold {hold}
&7 Step LEFT beside right, Step RIGHT to right side
8 Touch LEFT beside right

[49-56] ROLLING VINE LEFT, TOUCH AND CLAP , ROLLING VINE LEFT, TOUCH AND CLAP

1-2-3 1/4 turn left and step LEFT forward [9H], 1/2 turn left and step RIGHT back [3H], 1/4 turn left and step LEFT to left side [12H]
4 Touch RIGHT beside left and clap hands
5-6-7 1/4 turn right and step RIGHT forward [3H], 1/2 turn right and step LEFT back [9H], 1/4 turn right and step RIGHT to right side [12H]
8 Touch LEFT beside right and clap hands

[57-64] CHASSE LEFT, ROCK STEP BACK, STEP 1/2 TURN, 1/2 TURN, 1/2 TURN

1&2 Step LEFT to left side, Step RIGHT beside left, Step LEFT to left side {chasse}
3-4 Step RIGHT back, Recover weight on LEFT {rock step}
5-6 Step RIGHT forward, Pivot 1/2 turn left [6H]
7-8 1/2 turn left and step RIGHT back [12H], 1/2 turn left and step LEFT forward [6H]

RISE ANOTHER TIME !!!!!!!

Les références des heures ne valent que sur le premier mur

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