

# Rise

拍数: 32      墙数: 4      级数: Improver  
编舞者: Diana Liang (CN) - October 2021  
音乐: Rise - Calum Scott



## Intro 8, No Tag/Restart

### S1 Forward, Hitch, Back, 1/2R Shuffle, 1/4R Shuffle, Rock Back Recover

1&2            Step Rf forward, hitch Lf forward, step Lf back  
**Optional Arms Styling: raise R arm forward, raise L arm side**  
**Optional Body Styling During Wall 2: lean over and look down**  
3&4            turn 1/4 to R stepping Rf to R side(3H), step Lf next to Rf, turn 1/4 to R stepping Rf forward(6H)  
5&6            turn 1/4 to R stepping Lf to L side(9H), step Rf next to Lf, Lf in place  
**Ends here on Wall 13th, with step change of 5,6 to 1/2R Pivot, so to finish facing 12H**  
7,8            rock Rf back, recover back to Lf

### S2 Lock Forward, Forward RL, Lock Forward, Forward, 1/4L

1&2            step Rf forward, lock Lf behind Rf, step Rf forward  
3&4            step Lf forward, step Rf forward  
5&6            step Lf forward, lock Rf behind Lf, step Lf forward  
7,8            step Rf forward, turn 1/4 to L stepping Lf in place(6H)

### S3 Weave R, Cross Rock Recover, Side, Forward

1,2            cross Rf over Lf, step Lf to L side  
3,4            cross Rf behind Lf, step Lf to L side  
5,6            rock Rf over Lf, recover back to Lf  
7,8            step Rf to R side, step Lf forward

### S4 Forward Hip Bumps, 1/4L Hip Bumps, Together Heel Bounces, Rock Back Recover

1&2            step Rf forward bumping hips to R, bump hips to L, bump hips to R  
3&4            turn 1/4 to L bumping hips to L in place (3H), bump hips to R, bump hips to L  
&5,6           close Rf next to Lf weight kept on Lf, bounce heels once, bounce heels again  
7,8            rock Rf back, recover back to Lf

**Optional Arms Styling in Whole Dance: When lyric says Rise, raise both arms in the air then drop down**

**Repeat the sequence and have fun!**

Thanks and happy dancing!  
procankm@hotmail.com

Last Update - 28 Oct 2021