

# Rise

拍数: 32      墙数: 2      级数: High Beginner  
编舞者: Elaine Smith (UK) - October 2021  
音乐: Rise - Calum Scott : (Amazon, iTunes And Spotify)



## INTRO: 8 COUNTS

### HEEL GRIND, COASTER, HEEL GRIND, COASTER

1.2            Right Heel Twist  
3&4           Step R Back, Step L Together, Step R Forward  
5.6            Left Heel Twist  
7&8           Step L Back, Step R Together, Step L Forward

### STEP HOLD, BALL STEP TOGETHER, POINT R TOE SIDE, POINT L TOE SIDE AND HEEL SWITCHES

1.2            Step Forward On The R Hold  
&3.4          Drag L Together, Step Forward On R And L Together  
5&6&        Point R To Side, Together, Point L To Side, Together  
7&8&        Right Heel, Left Heel

### STEP ¼ SCUFF, STEP ¼ SCUFF, JAZZ BOX

1.2            Step ¼ Forward On R, Scuff L Next To R  
3.4            Step ¼ Left, Scuff R Next To L  
5.6            Cross R Over L, Step Back On L  
7.8            Step Side On R, Step L Beside R

### HEEL HOLD AND HEEL HOLD, TOE AND TOE, POINT TOUCH

1.2&          Right Heel On The Diagonal, Hold  
3.4&          Left Heel On The Diagonal, Hold  
5&6&        Right Toe, Left Toe  
7.8            Point R Toe To The Side And Touch At Side Of Left

### No Tags, No Restarts

At End Of Dance Point Right To The Side, Cross Right Over Left And Do A Full Turn To Front  
When Singing "Rise" On Heel Grinds And Step Hold You Can Raise Your Arms Up

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