

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
