

See Me Rise

拍数: 32 墙数: 4 级数: Improver
编舞者: Magali CHABRET (FR) - October 2021
音乐: Rise - Calum Scott : (Single)



#8 counts intro, start on the word "staring" (I've been staring at the coastline)

S1 : 1/8 R, STEP L, KICK R, BACK R, 1/8 L, TOGETHER, 1/8 L, STEP R, HITCH L, 1/8 R, COASTER STEP

1-2 Turn 1/8 right (facing 1:30) and step Lf forward - Kick Rf forward (1:30)
3-4 Step Rf back - turn 1/8 left (facing 12:00) stepping Lf beside Rf (12:00)
5-6 Turn 1/8 left (facing 10:30) stepping Rf forward - Hitch left knee (10:30)
7&8 Step back on ball of Lf - Turn 1/8 right (facing 12:00) and close Rf next to Lf - step Lf forward (12:00)

S2 : FWD TRIPLE STEP, PIVOT 1/2 R, FWD TRIPLE STEP, PIVOT 1/4 L

1&2 Step Rf forward - step Lf beside Rf - step Rf forward
3-4 Step Lf forward - pivot 1/2 turn right (6:00)
5&6 Step Lf forward - step Rf beside Lf - step Lf forward
7-8 Step Rf forward - pivot 1/4 turn left (3:00)

S3 : FWD ROCK, BACK, HEEL TOUCH, HOLD, TOGETHER, FWD ROCK, OUT OUT, HOLD

1-2 Rock Rf forward - recover onto Lf
&3-4 Step back on Rf - touch left heel forward - hold
&5-6 Step Lf beside Rf - rock Rf forward - recover onto Lf
&7-8 Step Rf out to right side - step Lf out to left side - hold

S4 : CROSS SHUFFLE, BACK, SIDE, CROSS, SIDE STEP WITH SWAYS R/L/R

1&2 Cross Rf over Lf - step Lf to side - cross Rf over Lf
3-4-5 Step back on Lf - step Rf to right side - cross Lf over Rf
6-7-8 Step Rf to right side and sway to right - sway to left - sway to right

No tag, no restart !

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr - www.galichabret.com
Fiche originale de la chorégraphie. Merci de ne pas modifier ces pas de quelque manière que ce soit.