

# Rise Up

COPPER KNOB  
STEPPERS

拍数: 64      墙数: 4      级数: Phrased Beginner  
编舞者: Lilly Lee (TW), Linda Yu (TW) & Karen Lee (TW) - January 2022  
音乐: Rise Up - Cliff Richard



Intro: 16 Counts, Sequence: A, A, B, A, B, A-16C, Tag-6C, A-16C, B ,B,  
\*2 Restarts.1 Tag

## A : 32C

### S1 : Kick Ball Change, Large Side, Drag, Hip Bumps

1&2, 3-4      Kick RF Forward ,Step RF Together(&), Step LF Forward, Large Step RF To R Side, Drag Lf towards Rf

5&6,7&8      Hip Bumps: L, R(&), L, R, L(&),R (Weight R)

### S2 : Syncopated Vine, Back Rock, Recover, Side, 1/4 Turn Left

1-2&3-4,      Step LF To L Side, Step RF Behind to LF, Step LF Side(&), Step RF Cross LF, Step LF Side,

5-8      Rock RF Back, Recover LF, Sway to R Side, 1/4 Turn Left Sway

\*\* Restart : Part A Wall 4 add tag 6C then restart

Part A Wall 5 restart here

### S3 : Kick Ball Change, Large Side, Drag, Hip Bumps

1&2, 3-4      Kick RF Forward , Step RF Together(&), Step LF Forward, Large Step RF To R Side, Drag Lf towards Rf

5&6,7&8      Hip Bumps: L, R(&), L, R, L(&),R (Weight R)

### S4 : Coaster, V Step, Heels Up & Down

1&2,3-6      Step LF Back, Step RF Beside to LF (&), Step LF Forward,Step Angle Forward RF, Step Angle Forward LF, Step Back RF, Step LF Beside RF

7&8&      Heels: Up, Down(&),Up, Down(&) (Weight L)

## B : 32C

### S1 : Cross Touch, Side Touch, Sailor (2 Times)

1-2, 3&4      Touch RF Over LF , Touch RF To R Side, Cross RF Behind LF, Step LF to L side(&),Step RF to R side

5-6, 7&8      Touch LF Over RF , Touch LF To L Side, Cross LF Behind RF, Step RF to R side(&),Step LF to L side

### S2 : Cross Touch, Side Touch, Sailor, Skate x2, 1/4 Turn Left Shuffle

1-2, 3&4      Touch RF Over LF , Touch RF To R Side, Cross RF Behind LF, Step LF to L side(&),Step RF to R side

5-6, 7&8      Skate To L, Skate To R, 1/4 Turn Left Step LF To Forward ,Together RF(&),Step LF Forward,

### S3 : Cross Touch, Side Touch, Sailor (2 Times)

1-2, 3&4      Touch RF Over LF , Touch RF To R Side, Cross RF Behind LF, Step LF to L side(&),Step RF to R side

5-6, 7&8      Touch LF Over RF , Touch LF To L Side, Cross LF Behind RF, Step RF to R side(&),Step LF to L side

### S4 : Cross Touch, Side Touch, Sailor, Skate x2, 1/4 Turn Left Shuffle

1-2, 3&4      Touch RF Over LF , Touch RF To R Side, Cross RF Behind LF, Step LF to L side(&),Step RF to R side

5-6, 7&8      Skate To L, Skate To R, 1/4 Turn Left Step LF To Forward ,Together RF(&),Step LF Forward

**\*\* Restart : Part A Wall 4 & 5, dance 16C then restart,**

**\*\* Tag : Part A Wall 4, dance 16C add 6C then restart**

**Tag : Kick Ball Change, Side, Back Touch, Unwind 3/4 Turn Left**

1&2, Kick RF Forward , Step RF Together(&), Step LF Forward,

&3,4-6 Step RF To R Side(&), Touch LF Behind RF, Unwind 3/4 Turn Left(3 count) (Weight L)(3:00)

**REPEAT**

**Enjoy and happy dancing .....**

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