

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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