

Rise!

拍数: 32 墙数: 2 级数: High Improver
编舞者: Mathew Sinyard (UK) - May 2023
音乐: Rise (Sam Feldt Remix) - Calum Scott & Sam Feldt



Intro: 32 Counts
No Tags or Restarts!!!

Section 1 Step Lock, Step Lock Step, Rock Recover, 1/2, 1/4.

1 2 Step forward on right, lock left behind right.
3 & 4 Step forward on right, lock left behind right, step forward on right.
5 6 Rock forward on left, recover on to right.
7 8 ½ turn left stepping forward on left, ¼ turn left stepping right to side.

Section 2 Back Sweep, Behind Side Cross Shuffle, Side Rock Recover.

1 2 Step back on left, sweep right from front to back.
3 4 Cross right behind left, step left to side.
5 & 6 Cross right over left, step left to side, cross right over left.
7 8 Rock left to side, recover on to right.

Section 3 Behind Hold, Ball Cross Side, Back Rock Recover, Kick Ball Cross.

1 2 Cross left behind right, hold.
& 3 4 Step ball of right to side, cross left over right, step right to side.
5 6 Rock back on left, recover on to right.
7 & 8 Kick left to left diagonal, step ball of left beside right, cross right in front of left.

Section 4 Stomp Hold, Sailor Step, Sailor ¼, Step Pivot ½.

1 2 Stomp left to side, hold.
3 & 4 Cross right behind left, step left to side, step right to side.
5 & 6 Cross left behind right, step right to right side, ¼ turn left stepping forward left.
7 8 Step forward on right, pivot ½ turn left (weight ending on left).

Optional styling: - on walls 2, 7 & 9

(Counts &4 &6 section 4) tap your right hand over heart when he sings "My heart's thumping Boom, Boom, Boom, Boom".

On walls 3, 4, 8

(Counts 1- 4 section1) whilst doing the step lock, step lock step slowly raise right arm over 4 counts when he sings "You're Gonna See Me Rise".

Ending – At the end of wall 9, make a ½ turn left stepping back on right whilst raising right arm up high.

Have Fun & Enjoy x. ☐

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