

Rise to the Top

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - April 2024
音乐: Rise to the Top - Elize



Start after 16 count intro

[1-8] Side L, R touch together, R heel fwd, R back, L cross step, R side, L point fwd, run back 3, R coaster

1&2& Step L side, touch R together, touch R heel forward, step R back
3&4 Cross step L over R, step R side, point L forward
5&6 Step L back, step R back, step L back
7&8 Step R back, step L together, step R forward

[9-16] ¼ L step-touch-step, ¼ L step-touch-step, L fwd lock step, R fwd, ¼ L pivot turn, R cross step

1&2 Turning ¼ right step L side (slap thigh, L hand), touch R together (slap thigh, R hand), step R side (clap!) (3 o'clock) (i.e. slap, slap, clap!)
3&4 Turning ¼ right step L side (slap thigh, L hand), touch R together (slap thigh, R hand), step R side (clap!) (6 o'clock) (i.e. slap, slap, clap!)
5&6 Step L forward, lock R behind L, step L forward
7&8 Step R forward, ¼ L pivot, cross step R over L

[17-24] L side, R rock back/recover, R side, L rock back/recover, ¼ L & L fwd, R fwd, ½ L pivot turn, walk fwd 2

1, 2&3 Step L side, rock R back, recover weight on L, step R side
4&5 Rock L back, recover weight on R, turning ¼ left step L forward (12 o'clock)
6&7-8 Step R forward, pivot ½ left, step R forward, step L forward (6 o'clock)

[25-32] R fwd rock/recover, sweep into ¼ R toaster step, L fwd rock/recover, ½ L, ½ L chase turn

1-2 Rock R forward, recover weight on L
3&4 Turning ¼ right and sweeping R from front to back into R back, step L together, step R forward (9 o'clock)
5&6 Rock L forward, recover weight on R, turning ½ left step L forward (3 o'clock)
7&8 Step R forward, pivot ½ left, step R forward (9 o'clock)

TAG, end of wall 6 (facing 3 o'clock) – step ½ pivot L, walk forward left, right (9 o'clock). Start dance again from the beginning.

Dance finishes bang on front wall. Strike a pose!