

I Rise

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Moe Qureshi (USA), Jill Babinec (USA) & Debi Pancoast (USA) - July 2024
音乐: I Rise - Pentatonix



Intro: 8 counts (6 secs) to start with vocals. The whole counts are on the heavy downbeats.

Sequence: 32, Tag"8", 32, 32, Tag"16", 32, Tag"4", 32, 32

[1 – 8] Press Fwd LF, Recover RF, Back LF-Side RF, Chest Pop-Recover, Rock Fwd LF, Recover RF, Back LF-Side RF, Heel RockRecover

- 1,2 1) Press LF forward to front left corner pushing head & shoulders forward slightly [11:00]; 2) Recover weight back on RF pulling head & shoulders back
- &3&4 &) Step back LF squaring to front wall [12:00]; 3) Step side RF angling towards front right corner [1:00]; &) "Pop" chest forward (hard inhale); 4) Return chest to neutral (breathe out) with weight on R
- 5,6 5) Rock forward LF [1:00]; 6) Recover weight back on RF
- &7&8 &) Small step back LF [1:00]; 7) Step side R (feet apart) [1:00]; &) Straighten knees to lift toes of both feet to rock back on your heels; 8) Lower toes to neutral with weight on R

[9 – 16] Step forward into triple in place L-R-L, Step back into triple in place R-L-R*, Step-Lock-Step-Chase-1/2-Turn-1/4 Side-Close*

- 1&2 1) Step forward LF; &) Step side RF; 2) Step in place LF [all facing 1:00 corner]
- 3&4 * 3) Step back RF; &) Step side LF; 4) Step in place RF [all facing 1:00 corner]

*During Chorus when they start by singing "They call us soldiers on the battlefield", the lyrics for these counts are "Left Right... Left Right", so these 4 counts (9-12) change up to:

*1&2& 1) Step forward LF moving your body down to the left with the step and slapping the palm of your left hand on your left thigh; &) Step side RF moving your body down to the right with the step and slapping the palm of your right hand on your right thigh; 2) Clap your hands in front to right side and extend your right hand out to side &) Slide your left hand along your right arm to slap your chest

*3&4& 3) Step back LF moving your body down to the left with the step and slapping the palm of your left hand on your left thigh; &) Step side RF moving your body down to the right with the step and slapping the palm of your right hand on your right thigh; 4) Clap your hands in front to right side and extend your right hand out to side &) Slide your left hand along your right arm to slap your chest

- 5&6 "Step-Lock-Step": 5) Step LF forward towards front wall [12:00]; &) Lock RF behind LF; 6) Step forward LF

- &7& "Chase-1/2-Turn": &) Step forward RF; 7) Turn 1/2 left ending with weight on LF [6:00]; &) Step forward RF 8& 8) Turn 1/4 right stepping side LF [3:00]; &) Step RF next to LF

[17-23] Side LF, R Sailor Step, L Toe Behind, "About Face" (1/2 Unwind Left), Side RF, L Sailor Step, R Toe Behind, 1/4 Unwind Right

- 1,2&3 1) Step side LF; Sailor Step: 2) Step RF behind LF; &) Step side LF; 3) Step side RF
- &4 &) Touch L toe behind R heel; 4) Sharply unwind 1/2 left on heel of RF and toe of LF and lower L heel so feet are together with weight ending on LF [9:00]
- 5,6&7 5) Step side rF; Sailor Step: 6) Step LF behind RF; &) Step side RF; 7) Step side LF
- &8 &) Touch R toe behind L heel; 8) Sharply unwind 1/4 right on heel of LF and toe of RF and lower R heel so feet are together with weight ending on RF [6:00]

[24-32] Side L, Rock Back R-Recover, Side R, Rock Back L-Recover, Back-Cross-Back-Back-Cross-Back-Back, Touch**

- 1,2& 1) Step side LF; 2) Rock RF behind LF; &) Recover weight on LF
- 3,4& 3) Step side RF; 4) Rock LF behind RF; &) Recover weight on RF
- 5&6 5) Angle upper body to front left corner and step back LF; &) Step RF across LF; 6) Step back LF

- &7& & Angle upper body to front right corner and step back RF; 7) Step LF across RF; &) Step back RF
- 8 8) Step back LF (On final wall, touch behind on count 8 and "about face" 1/2 turn left to face 12:00 wall to end the dance)
- & ** If going into another 32 counts: &) Step together RF

If going into a tag: &) Touch together RF

Tag"8": After the first full rotation of 32 counts, you'll have an 8-count tag facing 6:00 wall:

- 1-4 Step side RF onto bent knees and push your upper body around in a counter-clockwise rotation down, up and around ending with weight down on LF;
- 5-8 Reverse the direction and rotate your upper body in a clockwise rotation down, up, around and down ending with weight on RF

Tag"16": Facing 6:00 wall, you'll do Tag"8" for first 8 counts and add these 8 counts to it for counts 9-16:

- 1 Sway left;
- 2 Sway right;
- 3-4 Turn 1/4 left stepping forward LF [9:00] and sweep RF around while turning 3/4 left [6:00];
- 5 Sway right;
- 6 Sway left;
- 7-8 Turn 1/4 right stepping forward RF [3:00] and sweeping LF around while turning 3/4 right [6:00]

Tag"4": Facing 12:00 wall, this is simply the first 4 counts of the Tag"8"

- 1-4 Step side RF onto bent knees and push your upper body around in a counter-clockwise rotation, down, up and around ending with weight on RF

This step sheet may be freely copied intact however modifications to this step sheet may not be made without the expressed permission of the choreographers.
