

Calum's Rise

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Colin Ghys (BEL) - August 2024
音乐: Rise - Calum Scott



Intro: 8 Counts, Start at approx 4 secs

SEC 1 Walk, Walk, Shuffle, Rock, Back Shuffle

1-2 Step right forward, step left forward
3&4 Step right forward, step left beside right, step right forward
5-6 Rock left forward, recover weight onto right
7&8 Step left back, step right beside left, step left back

SEC 2 Back, Back, Coaster Cross, Side Hip Sways

1-2 Step right back, step left back
3&4 Step right back, step left beside right, cross right over left
5-6 Step left to left swaying hips left, sway hips right
7-8 Sway hips left, sway hips right

Arms 5-8 Raise both arms to the side

SEC 3 Cross Rock, Side Shuffle, Cross Rock, ¼ Shuffle

1-2 Cross rock left over right, recover weight onto right
3&4 Step left to left, step right beside left, step left to left
5-6 Cross rock right over left, recover weight onto left
7&8 Step right to right, step left beside right, turn ¼ right step right forward (3:00)

SEC 4 Step, ½ Pivot, Walk, Walk, Rock, Coaster Step

1-2 Step left forward, pivot ½ right transferring weight on to right (9:00)
3-4 Step left forward, step right forward

Option Turn ½ right stepping left back, turn ½ right stepping right forward

5-6 Rock left forward, recover weight onto right
7&8 Step left back, step right beside left, step left forward
