

# Rise Up This Morning

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Georgie Mygrant (USA) - November 2024  
音乐: Three Little Birds - Bob Marley & The Wailers



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**Intro: 32 Counts**

**Modified Lock Step R/L**

1-4            Step R fwd. Diagonally, Step L to R, Step R to R side, Step on L, Step R to L  
5-8            Step L fwd. Diagonally, Step R to L, Step L to L side, Step on R, Step L to R

**Basic R, Mambo R, Basic L, Mambo L**

1-4            Step R to R side, Step L to R, Step to R, Step on L, Step on R  
5-8            Step L to L side, Step R to L, Step to L, Step R to L, Step on L

**Slow Jazz Box to R, 2 Fast Rocking Chair**

1-4            Step R over L, Step back on L turning  $\frac{1}{4}$  R, Step on R, Step on L  
5-8            Step R fwd. Step back on L, Step back on R, Step L fwd. Repeat!

**Pivot, or Paddle a Full Circle L**

1-8            Step R fwd. Turning  $\frac{1}{4}$  L on L, Step R fwd. Turning  $\frac{1}{4}$  L, Step R fwd. Turning  $\frac{1}{4}$  R on L, Step R fwd. Turning  $\frac{1}{4}$  L on L

**That's it! A fun routine to a fun song. Please let me know if you like it.**

**All I ask is that you do not alter routine without my permission.**

**If you have any questions, please contact me and I will help you.**

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