

# Rise - AB

拍数: 32                      墙数: 4                      级数: Absolute Beginner  
编舞者: Annemaree Sleeth (AUS) - February 2025  
音乐: Rise - Calum Scott



Note I have written this for the students at Sherbrooke U3a Seniors Who have trouble with Turns Melbourne Australia.

Intro: 8 Counts, Start at approx 4 secs

## S 1 (1 -8) VINE TOUCH, VINE TOUCH

1-2                      Step Right Side, Cross Left Slightly Behind Right  
3-4                      Step Right Side, Touch Left Beside Right  
5-6                      Step Left Side, Cross Right Behind Left  
7-8                      Step Left Side, Touch Right Beside Left

## S 2 (9 - 16) WALK BACK 3, TOUCH, FWD TOG FWD TOUCH

5-6                      Step Right Back Step Left Back  
7-8                      Step Right Back, Touch Left Beside Right  
5-6                      Step Left Forward, Step Right Beside Left  
7-8                      Step Left Forward , Touch Right Beside Left

## S 3 (17 - 24) SIDE, TOUCHES X 2 SWAYS (ARM) OUT TO SIDES

1-2                      Step Right Side, Touch Left Beside Right  
3-4                      Step Left Side , Touch Right Beside Left  
5-6                      Sway Hips Right, Sway Hips Left Arm Out to Sides and Finish Above Head  
7-8                      Sway Hips Right, Sway Hips Left Touch Right Beside Left

**A Harder Otion On Step Touches Double Hips Right and Double Hips Left**

## S 4 (25 -32) VINE TOUCH, ¼ VINE TOUCH

1-2                      Step Right Side, Cross Left Slightly Behind Right  
3-4                      Step Right Side, Touch Left Beside Right  
5-6                      Step Left Side, Cross Right Behind Left  
7-8                      Step Left Side, Touch Right Beside Left

ending complete vine, step left out arms above head to Rise (ONE WALL VERSION DON'T TURN LAST VINE)

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Watch The Video On Annemaree Sleeth Youtube (Frederina521)

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