

# Rise 'n' Shine

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Marg Jones (CAN)  
音乐: Don't Call Me Early In The Morning - Barra MacNeils



## RIGHT CROSS, KICK, SAILOR SHUFFLE, LEFT CROSS, KICK, SAILOR SHUFFLE

1-2            Cross/touch right over left, kick right diagonally forward  
3&4            Cross right behind left, step left slightly side, step right to side  
5-6            Cross/touch left over right, kick left diagonally forward  
7&8            Cross left behind right, step right slightly side, step left to side

## &STEP, SCUFF ACROSS, CROSSING SHUFFLE

&9-10            Step right back, step left slightly forward, scuff right forward  
11&12            Cross right over left, step left to side, cross right over left

## POINT LEFT & RIGHT & LEFT WITH ¼ TURN LEFT, HOLD (CLAP, CLAP)

13&14            Touch left to side, step left together, turn 1/8 left and touch right to side  
&15&16            Step right together, turn 1/8 left and touch left to side, clap twice

## LEFT HEEL & RIGHT TOE, RIGHT HEEL & LEFT TOE

17&18            Touch left heel forward, step left together, touch right together  
19&20            Touch right heel forward, step right together, touch left together

## LEFT ROCK FORWARD, RECOVER, COASTER STEP LEFT-RIGHT-LEFT

21-22            Rock left forward, recover on right  
23&24            Step left back, step right together, step left forward

## SHUFFLES FORWARD DIAGONALLY, RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT

25&26            Shuffle diagonally forward right, left, right  
27&28            Shuffle diagonally forward left, right, left

## TRIPLE STEPS TURNING FULL TURN RIGHT

29&30            Triple in place turning ½ right and step right, left, right  
31&32            Triple in place turning ½ right and step left, right, left

## REPEAT

## TAG

After sequences 3, 5, 8, 9, & 10, every time you hear them sing "...leave me till the cows are coming home."

1&2            Shuffle side right, left, right  
3&4            Shuffle side left, right, left

After the 10th sequence, (you've just done the tag for the 5th time and are facing the back wall) they repeat, "leave me till the cows are coming home" and there's music going into the fadeout. There's enough time to do another complete sequence and half the tag (shuffle to the right) then stomp the left foot on the last note