

# Rise

拍数: 32      墙数: 1      级数:  
编舞者: Steven Bray  
音乐: Rise - Disturbed



---

## SHUFFLE, SHUFFLE, TAP, TAP, TAP, KICK, HITCH, STEP

1&2      Shuffle right  
3&4      Shuffle left  
5&6      Tap right toe forward 3 times leaning forward  
7&8      Kick right forward, hitch right leg, step right forward making  $\frac{3}{4}$  turn right (not taking weight)

## SLIDE, SLIDE, SLIDING RONDE, SAILOR STEP

9-10      Slide right  
11-12      Slide left  
13-14      Ronde with left making  $\frac{3}{4}$  turn while sliding forward on right  
15&16      Sailor step left

## MONTEREY, POINT & POINT, MONTEREY, POINT & POINT

17-18      Monterey right making a full turn  
19&20      Point left to left side, hitch left, point left to right side  
21-22      Monterey right making a full turn  
23&24      Point right to right side, hitch right, point right to left side

## PRESS, RECOVER, SHUFFLE, HOOK, TURN, STOMP, FOOT SLIDE, STOMP

25-26      (On ball of right) press right to right side, recover weight onto left  
27&28      Shuffle right  
29&30      Hook right behind left, make  $\frac{1}{2}$  turn right on ball on left, stomp right  
31&32      Slide right to right side, stomp left

## REPEAT

---