

Rise And Fall

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Paula Bilby (UK)
音乐: Rise And Fall - Craig David & Sting



POINT, ROCK BACK, RECOVER, STEP ½ TURN RIGHT, TRIPLE ¾ TURN RIGHT, ROCK BACK, RECOVER, STEP

1&2 Point left toe forward, rock back on left, recover weight forward on right
3-4 Step left forward making ½ turn right, weight ends on right
5&6 Triple ¾ right turn in place left, right, left
7&8 Rock right behind left, recover left in place, large step on right to right side

ROCK BACK, RECOVER, STEP ¼ LEFT, STEP, STEP, LOCK, STEP, RECOVER, LEFT COASTER STEP

9&10 Rock left behind right, recover right in place, step left forward ¼ turn left
11 Step forward on right
12&13 Step forward on left, lock right behind left, step forward on left
14 Step back on right
15&16 Step back on left, step right next to left, step left forward

STEP ½ TURN LEFT, POINT, CROSS, POINT, CROSS, BACK, BACK, CROSS, BACK, BACK ¼ RIGHT, TOUCH

17&18 Step right forward ½ turn left, weight on left, point right toe to right side
19-20 Cross right over left, point left toe to left side
21&22 Cross left over right, step back on right, step back on left
&23 Cross right in front, step back on left
&24 Step back on right turning ¼ right, touch left toe next to the right instep

STEP ¼ LEFT, TURN ¼ LEFT POINT, CROSS, POINT, CROSS, BACK, SIDE, CROSS SHUFFLE

25-26 Step left forward, ¼ turn left, on ball of left foot turn ¼ left point right toe to right side
27-28 Cross right over left, point left toe to left side
29&30 Cross left over right, step back on right, long step on left to left side
31&32 Cross right in front of left, step left to left side, cross right over left

REPEAT
