

# Rise And Shine

**COPPER** **KNOB**  
BY STEPHEN BRETZ

拍数: 0                      墙数: 4                      级数: Intermediate  
编舞者: Robert Rice (USA) & Joan Price (USA)  
音乐: It's A Good Day - Jessica Molaskey



Sequence: AA, B, AAA, A (1-16), B, A, A (1-24) ending with additional cross right over left (step 25, on last note of music), arms open at downward angle

## PART A

### BACK CROSS, STEP, STEP, 2 LOCK STEPS, 2 CLAPS

- 1-2                      Step right back to right diagonal, drag left across right (putting weight on left)
- 3-4                      Step right to right side, step left to left side
- 5&                      Step right forward to right diagonal, lock left behind right
- 6&                      Step right forward to right diagonal, lock left behind right
- 7                        Step right forward to right diagonal
- &8                      Clap, clap

### ROCKS WITH TURNS

- 1-2                      Rock left to left side, step right  $\frac{1}{4}$  turn right (facing 3:00)
- 3-4                      Rock left forward, rock back right
- 5-6                      Rock left forward, lift right knee as left foot turns  $\frac{1}{2}$  turn left (9:00)
- 7-8                      Rock right forward, rock back left

### SLOW SCISSORS

- 1-2-3                      Rock right to right side, return left, cross right over left
- 4-5-6                      Rock left to left side, return right, cross left over right
- 7-8                      Rock right to right side, return left

### CROSS & CROSS, $\frac{3}{4}$ TURN, SHUFFLE, KICK-BALL-CHANGE

- 1&2                      Cross right over left, step left to left side, cross right over left
- 3-4                      Step back on left turning  $\frac{1}{4}$  right (12:00), turn  $\frac{1}{2}$  turn right stepping forward on right (6:00)
- 5&6                      Shuffle forward left, right, left
- 7&8                      Kick right, ball change right-left

## PART B

### SKATES, SHUFFLE, REACH FOR THE SUN

- 1-2-3&4                      Skate right, skate left, shuffle forward right, left, right
- 5-6-                      Step left to left side making  $\frac{1}{4}$  turn right while reaching both arms up to left diagonal, tap right beside left
- 7-8                      Step right to right side while reaching both arms down to right diagonal, tap left beside right

### REACH FOR THE SUN, WALK BACK

- 1-2                      Step left to left side while reaching both arms up to left diagonal, tap right beside left
- 3                        Step back right into  $\frac{1}{4}$  turn left
- 4-5-6-7-8                      Step back left, right, left, right, left

Arms (4-8) hands close together with palms pushing forward, circling up, out, and around once.

### 4 FORWARD TRAVELING JAZZ BOXES, $\frac{1}{4}$ TURN

- 1-2-3-4                      Cross right over left, small step back left, step right to right side, large step forward left
- 5-6-7-8                      Cross right over left, small step back left, step right to right side, large step forward left
- 9-10-11-12                      Cross right over left, small step back left, step right to right side, large step forward left
- 13-14-15-16                      Cross right over left, small step back left, step back right making  $\frac{1}{4}$  turn left, rock forward left

