

Rise & Shine

拍数: 40 墙数: 2 级数: Intermediate
编舞者: Caz Mawby (UK)
音乐: Rise - Gabrielle



BACK ROCK RECOVER ½ TURN, BACK ROCK RECOVER ¼ TURN, BACK ROCK RECOVER SIDE, SWEEP CROSS BACK SIDE

1&2 Rock back onto left recover weight on right ½ turn right and step back on left
3&4 Rock back onto right recover weight on left ¼ turn left and step right to side
5&6 Rock back onto left recover weight on right step left to side
7&8 Sweeping right in front of left cross right over left step back on left step right to side

BACK ROCK STEP FORWARD, STEP PIVOT ¾ TURN LEFT SIDE STEP, BEHIND SIDE CROSS, SWAY TWICE

1&2 Rock back onto left recover weight on right step forward on left
3&4 Step forward onto right pivot ¾ turn left step right to side
5&6 Cross left behind right step right to side cross left over right
7-8 Stepping right to side sway hips right sway hips left

BEHIND SIDE CROSS, ¼ TURN, ¼ TURN CROSS, ¼ TURN, ¼ TURN CROSS, SWAY TWICE

1&2 Cross right behind left step left to side cross right over left
3&4 Make a ¼ turn right and step back on left, make a ¼ turn stepping right to side cross left over right
5&6 Make a ¼ turn left and step back on right, make a ¼ turn left and step left to side cross right over left
7-8 Stepping left to side sway hips left sway hips right

BACK ROCK RECOVER ¼ TURN LEFT, STEP PIVOT ½ TURN STEP, TRIPLE FULL TURN FORWARD, SIDE ROCK RECOVER ¼ TURN LEFT

1&2 Rock back onto left recover weight ¼ turn left and step forward on left
3&4 Step forward onto right pivot ½ turn left step forward onto right
5&6 Triple full turn forward ½ turn stepping back on left ½ turn stepping forward on right step forward on left
7&8 Rock right out to side recover weight ¼ turn left step forward on right

HEEL SWITCHES TWICE, PLACE, STEP PIVOT ½ TURN STEP, HEEL SWITCHES TWICE, PLACE, STEP PIVOT ½ TURN STEP

1&2& Touch left heel forward step left next to right touch right heel forward step right next to left
3&4 Step forward onto left pivot ½ turn right step forward on left
5&6& Touch right heel forward step right next to left touch left heel forward step left next to right
7&8 Step forward onto right pivot ½ turn left step forward on right

REPEAT