

Rise Up

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Chris Jones (UK)
音乐: Rise Up - Sunkids



STEP FORWARD, FORWARD, BACK TAP TAP, BACK, BACK, FORWARD, TAP TAP

1-2 Step forward on right, step forward left, (shoulder width apart)
3&4 Step back on right and tap left toe twice traveling towards right
5-6 Step back on left, step back on right, (shoulder width apart)
7&8 Step forward on left, and tap right toe twice traveling towards left

KICK BALL STEP, RIGHT SHUFFLE, STEP TURN ¼ RIGHT, KICK BALL STEP TO SIDE

9&10 Kick right forward, step on right, step forward on left
11&12 Triple step forward right, left, right
13-14 Step left forward, turn ¼ to right stepping right to side
15&16 Kick left to right diagonal, step left next to right, step right to right side

CROSS ROCK AND SIDE SHUFFLE TWICE

17-18 Rock left across front of right, rock back on right
19&20 Step side together side to left stepping left, right, left
21-22 Rock right across front of left, rock back on left
23&24 Step side together side to right stepping right, left, right

HEEL SWITCHES AND DOUBLE CLAP TWICE

25&26 Put left heel forward and replace, put right heel forward
&27&28 Put left heel forward, clap clap
&29&30 Replace left, put right heel forward, replace, put left heel forward
&31&32 Replace left, put right heel forward, clap clap
& Step right next to left

STEP STEP STEP KICK, CROSS AND STEP TWICE

33-36 Step left in place, step right in place, step left in place, kick right forward
37&38 Cross right across left, step left to left, step right to right side
39&40 Cross left across right, step right to right, step left to left side

ROCK FORWARD BACK & FULL TURN TRIPLE STEP,, ROCK FORWARD BACK COASTER

41-42 Rock forward on right rock back on left
43&44 Do full turn to right doing a right triple step, (or do a triple step in place)
45-46 Rock forward on left back on right
47&48 Step back left step right next to left, step forward on left

WALK RIGHT LEFT TURN ½ TO RIGHT STEP FORWARD LEFT TWICE

49-50 Walk forward right left
51-52 Turn ½ to right stepping on right step forward left
53-56 Repeat steps 49-52

CROSS ROCK & SIDE SHUFFLE TWICE

57-58 Rock right across front of left, rock back on left
59&60 Step side together side to right stepping right, left, right
61-62 Rock left across front of right, rock back on right
63&64 Step side together side to left stepping left, right, left

REPEAT
