

The Rising

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Pepper Siquieros (USA)
音乐: The Rising - Bruce Springsteen



CROSS, ROCK STEP, COASTER STEP, WALK, WALK, STEP, PIVOT ½, STEP

1 Cross left foot over right foot
2-3 Rock to right side on right foot, recover weight to left foot
4&5 Step back on right foot, step together on left foot, step forward on right foot
6-7 Walk forward left foot, right foot
8&1 Step forward on left foot, pivot ½ to right shifting weight to right foot, step forward on left foot

WALK, WALK, FORWARD COASTER, SIDE ROCK, CROSS SHUFFLE

2-3 Walk forward right foot, left foot
4&5 Step forward on right foot, step together on left foot, step back on right foot
6-7 Rock to left side on left foot, recover weight to right foot
8&1 Cross left foot over right foot, step right foot slightly to right side, cross left foot over right foot

POINT, STEP BACK, SWIVELS, HOOK, KICK, RONDE' BEHIND, SIDE, SKATE

2-3 Point right toe to right side, step right foot back slightly behind left foot
4&5 Weight on both feet swivel both heels out, swivel both heels in, swivel both heels out
6-7 Swivel right heel in and lift/bend left knee to hook left foot over right leg, kick left foot diagonally left forward
8&1 Draw a half circle in the air with the left toe as you bring the left foot from front to back and cross it behind right foot, step to right side on right foot, skate forward on left foot

SKATE, SKATE ¼ TURN, SIDE ROCK & CROSS, SIDE ROCK, CROSS SHUFFLE INTO START OF DANCE

2-3 Skate forward on right foot, skate left foot into a ¼ turn left
4&5 Rock to right side on right foot, recover weight to left foot, cross right foot over left foot
6-7 Rock to left side on left foot, recover weight onto right foot
8& Cross left foot over right foot, step right foot slightly to right side

REPEAT
