

# Early Riser

拍数: 32      墙数: 4      级数: Improver  
编舞者: Maria Louise Gill (UK)  
音乐: All Rise - Blue



## KICK STEP TOUCH, LOCK STEP, POINT, POINT, STOMP, SWIVEL

- 1&2      Kick right foot forward, step right foot behind left, touch left toe in front of right  
3&4      Step left foot in front of right, lock right foot behind left, step left foot in front of right  
5&6&      Point right toe to right side, step right foot next to left, point left toe to left side, step left foot next to right  
7&8      Step (stomp) right foot in front of left, swivel both heels to the right (weight on the balls of your feet), swivel both heels to the left

## MAMBO CROSS X3, STEP ¼ TURN, REVERSE SCUFF, HITCH ¼ TURN, STEP

- 1&2      Rock right foot to right side, recover weight onto left foot, step right foot across left  
3&4      Rock left foot to left side, recover weight onto right foot, step left foot across right  
5&6&      Rock right foot to right side, recover weight onto left foot, step right foot across left, step on left foot as you quarter turn to the right  
7&8      Scuff right foot behind left, hitch right knee as you quarter turn to the right (with a small hop on the left to help you turn), step right foot to right side

## ROCK FRONT, SIDE, SAILOR CROSS, ROCK FRONT, SIDE, SAILOR CROSS

- 1&2&      Rock left foot in front of right, recover weight onto right foot, rock left foot to left side, recover weight onto right foot  
3&4      Step left foot behind right, step right foot to right side, step left foot in front of right  
5&6&      Rock right foot in front of left, recover weight onto left foot, rock right foot to right side, recover weight onto left foot  
7&8      Step right foot behind left, step left foot to left side, step right foot in front of left

## PIVOT ½ TURN, SHUFFLE ½ TURN, ROCK, STEP, HITCH ¼ TURN, SLIDE, TOUCH

- 1-2      Step left foot in front of right, pivot ½ turn onto right foot  
3&4      Shuffle forward on left, right, left as you ½ turn to the right  
5&6&      Rock right foot behind left, recover weight onto left foot, step right foot in front of left, hitch left knee as you quarter turn to the right (with a small hop on the right to help you turn)  
7-8      Step left foot (wide) to left side, slide right foot towards left (ending with right toe touching next to left)

## REPEAT

## TAG

Danced once, after the third wall (you will be facing 3:00)

## SHUFFLE, PIVOT TURN, SHUFFLE, PIVOT TURN

- 1&2      Step right foot in front of left, step left foot next to right, step right foot in front of left  
3-4      Step left foot in front of right, pivot ½ turn onto right foot  
5&6      Step left foot in front of right, step right foot next to left, step left foot in front of right  
7-8      Step right foot in front of left, pivot ½ turn onto left foot