

Arise!

拍数: 32 墙数: 4 级数: Beginner
编舞者: Colleen Archer (AUS)
音乐: Rise Up - Australian Idol



- 1-4 Walk forward right-left-right-left (optional twist or boogie walks)
5-8 Step right to side and sway hips right-left-right-left (weight ends left) (12:00)
- 1-2 Step right forward, turn $\frac{1}{4}$ left taking weight onto left (click right fingers)
3-4 Step right forward, turn $\frac{1}{4}$ left taking weight onto left (click right fingers)
5&6 Shuffle forward stepping right-left-right
7-8 Step left forward, turn $\frac{1}{2}$ right taking weight onto right (12:00)
- 1-2 Step left to side, step cross right behind left
3-4 Step left to side, touch right heel forward to 45 and clap hands near left shoulder
5-6 Turn $\frac{1}{4}$ right and step right forward, turn $\frac{1}{2}$ right and step left back
7 Turn $\frac{1}{4}$ right and step right to side (full turn right or vine right)
8 Touch left heel forward to 45 and clap hands near right shoulder (12:00)
- 1-2 Step left forward, rock back on right
3-4 Step left back, rock forward on right (rocking chair)
5-6 Step left forward, turn $\frac{1}{4}$ right taking weight onto right
7-8 Step left forward, scuff right forward (3:00)

REPEAT

OPTIONAL START

Start without an introduction of music and step forward on the word "rise"....

FINISH

Step forward, turn $\frac{1}{2}$ to face the front (weight forward), step forward, raise both arms overhead and smile
There are two finishes depending on which "start" you chose. Just step forward on right or left, whichever foot is applicable to bring you to the front
