

# Rise & Fall

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Masters In Line (UK) - June 2007  
音乐: Rise & Fall (feat. Sting) - Craig David



Count in: Start 32 counts from Start of Track when beat kicks in

- 1-8      STEP FORWARD, ½ TURN BACK LOCK, SWEEP, BEHIND SIDE CROSS ROCK, 1/4 , 1/2, ¼ SIDE**  
1,2&      Step forward on left foot, make a ½ turn left and step back on right foot, lock left foot over right foot  
3,4&      Step back on right foot and sweep left foot back, cross left foot behind right foot, step right foot to right side  
5,6&      Cross rock left foot over right foot, recover weight onto right foot, make a ¼ turn left and step forward on left foot  
7,8      Make a ½ turn left and step back on right foot, make a ¼ turn left and step left foot to left side
- 9-16      STEP FORWARD, ½ TURN BACK LOCK, SWEEP, BEHIND SIDE CROSS, ROCK ¼ , ½, ½**  
1,2&      Step forward on right foot, make a ½ turn right and step back on left foot, lock right foot over left foot  
3,4&      Step back on left foot and sweep right foot back, cross right foot behind left foot, step left foot to left side  
5,6&      Cross rock right foot over left foot, recover weight onto left foot, make a ¼ turn right and step forward on right foot  
7,8      Make a ½ turn right and step back on left foot, make a ½ turn right and step forward on right foot
- 17-24      SIDE, BEHIND SIDE CROSS ROCK, BACK & ROCK, BACK & CROSS UNWIND SWEEP.**  
1      Step left foot to left side  
2&3      Cross right foot behind left foot, step left foot to left side, cross rock right foot over left foot  
4&5      Recover weight back onto left foot, step right foot to right side, cross rock left foot over right foot  
6&7      Recover weight back onto right foot, step left foot to left side, cross right foot over left foot to face left diagonal (2.00)  
8      On one count unwind a full turn left and sweep left foot back (no weight) to end up back facing left diagonal (2.00)
- 25-32      STEP BACK, BACK ½ TURN SIDE, BEHIND SWEEP BEHIND ¼, ROCK & ½, ¾ TURN**  
1      Step back on left foot still facing diagonal  
2&3      Step back on right foot, make a ½ turn left and step forward on left foot still on diagonal now facing (7.00), step right foot to right side to square up to 6.00  
4&5      Cross left foot behind right foot and sweep right foot back, cross right foot behind left foot, make a ¼ turn left and step forward on left foot  
6&7      Rock forward on right foot, recover weight onto left foot, make a ½ turn right and step forward on right foot  
8&      Make a ½ turn right and step back on left foot, make a ¼ turn right and step right foot to right side.

**END OF DANCE**

[EMail](#) / [Website](#)