

# Rise Above

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - September 2011  
音乐: Rise Above 1 (feat. Bono and The Edge) - Reeve Carney : (Single - 3:52)



**Starts After 32 Counts.**

**Press, Back, Back, Back, Coaster Step. Rock Step, 1/2, 1/2, 1/4.**

- 1                      Press forward on Left. (rising up on ball & lifting Right off floor behind).
- 2&3                  Run back Right-Left-Right.
- 4&5                  Step back on Left, step Right next to Left, step forward on Left.
- 6-7                  Rock forward on Right, recover Left.
- 8&1                  Make 1/2 turn to Right stepping forward on Right, 1/2 turn Right stepping back on Left, 1/4 turn Right stepping Right to Right side.

**Rock & Side, Behind, 1/4, 1/4, Rock & 1/4, 1/2.**

- 2&3                  Cross rock Left behind Right, recover on Right, step Left to Left side.
- 4&5                  Cross step Right behind Left, make 1/4 turn to Left stepping forward on Left, 1/4 Left stepping Right to Right to Right side.
- 6&7                  Cross rock Left behind Right, recover on Right, make 1/4 turn to Right stepping back on Left.
- 8                      Make 1/2 turn to Right stepping forward on Right. **\*\*R\*\***

**Step, Step 1/2, 1/4, Behind & Rock Step, & Step, Run, Run, Run.**

- 1                      Step forward on Left.
- 2&3                  Step forward on Right, pivot 1/2 turn to Left, 1/4 turn to Left stepping Right to Right side.
- 4&5                  Cross step Left behind Right, step Right to Right side, cross rock Left over Right.
- 6&7                  Recover on Right, step Left to Left side, step forward on Right.
- 8&1                  Run forward Left-Right-Left.

**Mambo Step, Rock & 1/4, Sailor 1&1/4.**

- 2&3                  Rock forward on Right, recover on Left, step back on Right.
- 4&5                  Cross rock Left behind Right, recover on Right, make 1/4 turn to Right stepping back on Left.
- 6&7                  Make 1/4 turn to Right stepping Right behind Left, step Left next to Right, 1/2 turn to Right stepping forward on Right.
- &8                      Step Left next to Right, make 1/2 turn to Right stepping forward on Right. (sailor 1&1/4)

**\*\*R\*\* - Restart: Wall 3 & Wall 6**

**Dance Up To & Including Count 8 (16) Section 2.. Then Restart Dance From Beginning Facing Front.**