

# Rise To The Occasion

拍数: 64      墙数: 2      级数: Improver  
编舞者: Lorna Mursell (UK) & Adrian Helliker (FR) - October 2012  
音乐: Rise to the Occasion - Kurt Nilsen



**Intro: 16 Counts Into The Track Start Dancing On The Main vocals**

**[1-8] TOUCH, ¼ TURN RIGHT KICK FORWARD, COASTER STEP, SKATE, FORWARD SHUFFLE**

1-2            Make a ¼ turn to right point right beside of left, kick right forward  
3&4           Step right back, step left next to right, step right forward  
5-6           Skate forward on left, skate forward on right  
7&8           Step forward on left, step right beside left, step forward on left

**[9-16] SIDE, TOG, SIDE, TOG SIDE, CROSS, ROCK, SHUFFLE ½ TURN LEFT**

1-2            Step right to side, left beside right  
3&4           Step right to side, left beside right, step right to side  
5-6           Rock of left forward, recover onto right  
7&8           Shuffle ½ turn left stepping, (Left-Right-Left)

**[17-24] WALK RIGHT, WALK LEFT, RIGHT KICKBALL CROSS X 2, ROCK, RECOVER**

1-2            Walk right, walk left  
3&4           Kick right forward, step right beside left, cross left over right  
5&6           Kick right forward, step right beside left, cross left over right  
7-8           Rock right to right side, recover onto left

**[25-32] COASTER STEP, WALK, WALK, VINE LEFT ¼ TURN,**

1-2            Step right back, left beside right, right forward taking weight on right  
3&4           Step left forward, step right forward  
5-6           Step left to left side, cross right behind left  
7-8           Make ¼ turn left stepping left forward, touch right beside left

**[33-40] KNEE TURN, KICKBALL CHANGE, FORWARD ROCK, COASTER STEP.**

1-2            Touch Right Toe To Side Swivel Right Knee To Left Side, Swivel Right Knee Side  
3&4           Kick Right Forward, Step Right Beside Left, Step Left Beside Right  
5-6           Rock right Forward, Recover onto left  
7&8           Step right Back, Step left Tog, Step right Forward

**[41-48] FORWARD ROCK, COASTER STEP, SHUFFLE FORWARD X2**

1-2            Rock of left forward, recover onto right  
3&4           step left back, right beside left, left forward  
5&6           shuffle forward, (Right-Left-Right)  
7&8           shuffle forward, (Left-Right-Left)

**[49-56] RIGHT ROCKING CHAIR, KICK BALL POINT x 2**

1-2            Rock right forward, recover onto left  
3-4           Rock right back, recover onto left  
5&6           Kick right forward, right foot beside left, point left to left side  
7&8           Kick left forward, left foot beside right, point right to right side

**[57-64] ROCK & RECOVER, COASTER STEP X2**

1-2            Rock of right forward, recover onto left  
3&4           Step right back, left beside right, right forward

5-6  
7&8

Rock of left forward, recover onto right  
Step left back, right beside left, left forward

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