

Rise & Shine

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Simon Ward (AUS) - August 2012
音乐: Rise & Shine - Si Cranstoun : (Album: Rise & Shine Single. - iTunes)



Notes: 16 count tag at the end of walls 2, 4 & 6

Dance starts on vocals, Dance finishes on count 37 (stomp right fwd with hands out to side)

[1-8] Rock back, Recover, ¼ turn, Brush, L fwd, Pivot ½ R, L fwd, Brush

1-2 Rock/step right behind left turning body slightly right, Recover weight onto left
3-4 Step right slightly to right turning ¼ turn right, Brush left forward
5-6 Step left forward, Pivot ½ turn right taking weight onto right
7-8 Step left forward, Brush right foot forward

[9-16] Right lock/step fwd, Brush, Left lock/step fwd, Brush

1-2 Step right forward, Lock/step left behind right
3-4 Step right forward, Brush left foot forward
5-6 Step left forward, Lock/step right behind left
7-8 Step left forward, Brush right foot forward

[17-24] R fwd, Pivot ¼ turn, Cross, Hold, ¼ turn R, ¼ turn R, Cross, Hold

1-2 Step right forward, Pivot ¼ turn left taking weight onto left
3-4 Cross/step right over left, Hold
5-6 Step left to left turning ¼ turn right, Step right back turning ¼ turn right
7-8 Cross/step left over right, Hold

[25-32] Side, Recover, Weave ¼ turn L, R fwd, Pivot 3/8 left

1-2 Rock/step right to right side, Recover weight onto left
3-4 Cross/step right over left, Step left to left side
5-6 Step right behind left, Step left to left side turning ¼ turn left
7-8 Step right slightly forward, Pivot 3/8 turn left taking weight onto left

[33-40] R fwd, Hold, L fwd, Hold, Fwd, Recover, Side, Recover

1-2 Step right forward, Hold
3-4 Step left forward, Hold
5-6 Rock/step right forward, Recover weight onto left
7-8 Rock/step right to right side, Recover weight onto left

[41-48] Coaster Step, Brush, L fwd, Pivot 3/8 turn right, Cross, Kick

1-2 Step right back, Step left beside right
3-4 Step right forward, Brush left foot forward
5-6 Step left forward, Pivot 3/8 turn right taking weight onto right
7-8 Cross/step left over right, Kick right to right side (turning body slightly right)

[49-56] R Side, Hitch, L Cross, Kick, R Side, Hitch, L Cross, Hitch

1-2 Step right slightly to right, Hitch left knee slightly across right
3-4 Cross/step left over right, Kick right to right side
5-6 Step right slightly to right, Hitch left knee slightly across right
7-8 Cross/step left over right, Hitch right knee

[57-64] Side, Recover, Cross, Hold, ¼ turn R, ¼ turn R, Cross, Kick

1-2 Rock/step right to right side, Recover weight onto left
3-4 Cross/step right over left, Hold

- 5-6 Step left to left turning $\frac{1}{4}$ turn right, Step right back turning $\frac{1}{4}$ turn right
7-8 Cross/step left over right, Kick right at 45 deg right

RESTART

Tag: Finish dance with a hold in place of the kick at 45 deg to start tag.

2 x Monterey turns, Step drag, Twist heels with kick

- 1-4 Point right toe to right, Step right beside left turning $\frac{1}{2}$ turn right, Point left toe to left, Step left beside right
5-8 Repeat above 4 counts touching left beside right on count 8
9-12 Large step left dragging right beside left for 3 counts
13-16 Twist heels, right, left, right, left kicking right at 45 deg turning body slightly right to restart

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