

All Rise 'n' Dance

拍数: 72 墙数: 2 级数: Phrased Intermediate
编舞者: Mary E Richardson (SCO) - 2013
音乐: All Rise - Blue



32 Count Intro

Danced In 2 Parts A & B – With 8 Count Tag on 3rd Wall Facing Back

(A) - 32 counts

Section 1 – Walk- walk – Rock & Cross – Syncopated Weave – Rock & Cross

1 2 Walk forward on right, walk forward on left
3&4 Step right to right side, rock onto left foot, cross right over left
5& step left to left side, step right behind left
6& step left to left side, cross right over left
7&8 step left to left side, rock onto right in place, cross left over right

Section 2 - Long Step Right Side – Slide Left To Right – (Shimmy) Kick Ballchange – Long Step Right side – Slide Left To Right, Coaster Step ¼ Turn Right

1 2 Take a long step right to right side, slide left up next to right
3&4 Kick right forward, step ball of foot next to left, step left in place
5 6 Take a long step right to right side, slide left up next to right
7&8 Step back right making ¼ turn right, step left beside right, step right forward

Section 3 - Step Cross – Side Touch – Step Cross – Step Back – Step left in place – Step Cross – Side Touch – Step Cross – Step Back – Step Left in Place

1 2 Step left across right, touch right out to right side
3&4 Cross right over left, step left back, step right in place
5 6 Step left across right, touch right out to right side
7&8 cross right over left, step left back, step right in place

Section 4 – Shuffle Back x2 – Step Back – Step Forward ¼ Turn Right – Shuffle Forward

1&2 Shuffle back left, right, left
3&4 Shuffle back right, left, right
5 6 Step left back, step forward right making ¼ turn right
7&8 Shuffle forward, left, right, left

Tag Danced at the end of 3rd Wall Facing Back Wall.

1&2 Shuffle forward right, left, right
3&4 Shuffle forward, left, right, left
5&6 Shuffle forward right, left, right
7&8 Shuffle forward left, right, left.

(B) - 40 counts

Starts On 7th Wall) Is danced only once facing front

Walk Walk, Rock & Cross -Syncopated Weave – Rock & Cross

1 2 Walk forward on right, walk forward on left
3&4 Step right to right side, rock onto left foot, cross step right over left
5& Step left to left side, step right behind left
6& Step left to left side, cross step right over left
7&8 Step left to left side, rock onto right, cross step left over right

Walk Forward x3 & Touch Heel Forward – Walk Back x3 Heel Touch

1 2 3 4 Walk forward, right, left, right, Touch left heel forward

5 6 7 8 Walk back, left, right, left, touch right heel Forward

Walk Forward x 3 -Touch Heel Forward – Walks Backward x3 – Heel Touch

1 2 3 4 Walk forward, right, left, right, touch left heel forward

5 6 7 8 Walk backward left, right, left, touch right heel forward

Ball change - Step -Heel Touch Diagonal Forward – Ball change – Step – Heel Touch – Diagonal Forward – Syncopated Jazz Box

&1&2 Step right slightly behind left, step left in place, touch left heel out to left diagonal

&3&4 Step left slight behind right, step right in place, touch right heel out to right diagonal

&5 6 7 8 Step right , cross left over right, step back left, step left to left side, close right to left

Ball change – Step -Heel Touch Diagonal Forward – Ball change – Step - Heel Touch – Diagonal Forward – Syncopated Jazz Box

&1&2 Step right slightly behind left, step left in place, touch left heel out to left diagonal

&3&4 Step left slightly behind right, step right in place, touch right heel out to right diagonal

&5 6 7 8 Step right, cross left over right, step back left, step left to left side, close right to left

Restart from Beginning . Section (A) Until End of Music
