

# Born To Rise

拍数: 32      墙数: 2      级数: Improver  
编舞者: Richard Palmer (UK) & Lorna Dennis (UK) - September 2013  
音乐: Top of the World - Bridgit Mendler



**Alternative country track: Desperately by George Strait**

## Section 1: Funky walks forward, mambo step, hitch steps back, 1/4 turning sailor step

- 1-2      Walk forward right (slightly crossing right over left), walk forward left (slightly crossing left over right)  
3&4      Rock forward on right foot , recover on left, step right foot back  
&5&6      hitch left knee, step back on left foot back, hitch right knee, step right foot back,  
7&8      Sweep left foot behind right making 1/4 to left as you step down, step right to right side, step left across right.

## Section 2: Rock right side and Cross, Rock across, side step, touch in, out, in, hitch, 1/4 turning left coaster step

- 1&2      Rock right to side, recover weight onto left, Cross right over left  
&3      Step left to left side, cross rock right over left  
&4      Recover weight onto left, step right to side  
5&6&      Touch left next to right, touch left out to side, Touch left next to right, hitch left knee  
7&8      Sweep left behind right making 1/4 as you step back on left, step right next to left, step left foot forward

**(Restart here on wall 3)**

## Section 3: Walk, walk, mambo forward, heel swivels, toes, heels, toes

- 1-2      Walk forward right, walk forward left  
3&4      Mambo forward onto right foot, recover weight onto left, step right next to left  
5-6      Swivel heels right, swivel heels left  
7&8      Swivel toes to left, swivel heels to the left, swivel toes to left (center)

## Section 4: Rock right diagonally back, step right, rock left diagonally back recovering making a 1/4 turn, walk 3/4 turn round

- 1&2      Cross rock right behind left, recover weight on left, step right to right side  
3&4      Cross rock left behind right, recover weight onto right making 1/4 turn to left, stepping down on left  
5-6      Making 1/4 turn left step right foot forward, making 1/4 turn left step left foot forward,  
7-8      Making 1/4 turn left step right foot forward, step left foot forward

**Start dance again and enjoy**

**Restart: Wall 3, after count 16 counts**

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