

Rise Up To The Sky

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Ross Brown (ENG) - April 2014
音乐: Rise Up (Radio Version) - Freaky Fortune & Riskykidd : (CD: Rise Up - Single)



Intro: 32 Counts (Approx. 15 Secs)

Restart 1: On Wall 2, Restart after 32 Counts (*R1*) facing Front Wall.

Restart 2: On Wall 6, Restart after 8 Counts (*R2*) facing Front Wall.

Alternative Music: How I Feel by Flo Rida [Length – 2:50] (No Restarts Needed)

BACK. KICK, BALL. BACK, TOGETHER. WALK FORWARD. TOUCH TURNS ½ TURN L.

- 1 Step back with right.
- 2 & Kick left foot forward, step left foot next to right.
- 3 – 4 Step back with right, step left next to right.
- 5 – 6 Walk forward; right, left.
- 7 – 8 Make a ¼ turn left touching right to the right, make a ¼ turn left touching right to the right. (6 O'CLOCK)

(*R2*)

SAMBA STEP. CROSS, SIDE. SAILOR ¼ TURN L. HOLD, BALL, STEP.

- 1 & 2 Cross step right over left, step left to the left, step right next to left.
- 3 – 4 Cross step left over right, step right to the right.
- 5 & 6 Make a ¼ turn left stepping; left behind right, right next to left, forward with left.
- 7 & 8 Hold for Count 7, step right next to left, step forward with left. (3 O'CLOCK)

HITCH, TOUCH BACK. TWIST / DIP ¼ TURN R. HITCH, TOUCH LEFT. TWIST / DIP, RECOVER with FLICK.

- 1 – 2 Hitch right knee up, touch right toe back.
- 3 Make a ¼ turn right twisting body right and dipping down. (Weight ends on right)
- 4 – 5 Hitch left knee up to right, touch left to the left.
- 6 – 7 Twist body left and dip down, recover onto right and flick left to the left. (6 O'CLOCK)

JAZZ BOX. CROSS SHUFFLE. SYNCOPATED SIDE ROCKS; LEFT & RIGHT.

- 8 – 1 – 2 Cross step left over right, step back with right, step left to the left.
- 3 & 4 Cross step right over left, close left up to right, cross step right over left.
- 5 – 6 & Rock left to the left, recover onto right, step left next to right.
- 7 – 8 Rock right to the right, recover onto left. (6 O'CLOCK)

(*R1*)

BACK, DRAG. BALL, BACK, TOGETHER. SHUFFLE FORWARD. STEP, SPIRAL FULL TURN R.

- 1 – 2 Step back with right, drag left up to right.
- & 3 – 4 Step left next to right, step back with right, step left next to right.
- 5 & 6 Step forward with right, close left up to right, step forward with right.
- 7 – 8 Step forward with left, make a full turn right hooking right leg across left shin. (6 O'CLOCK)

STEP, HOLD. BALL, STEP, HITCH ¼ TURN R. CROSS, BACK ¼ TURN L. SHUFFLE ½ TURN L.

- 1 – 2 Step forward with right, hold for Count 2.
- & 3 – 4 Step left next to right, step forward with right, make a ¼ turn right hitching left knee up.
- 5 – 6 Cross step left over right, make a ¼ turn left stepping back with right.
- 7 & 8 Shuffle a ½ turn left stepping; left, right, left. (12 O'CLOCK)

SYNCOPATED JAZZ BOX. BEHIND, SIDE, CROSS. SIDE, HINGE ½ TURN L.

- 1 – 2 & Cross step right over left, step back with left, step right to the right.
- 3 – 4 Cross step left over right, step right to the right.
- 5 & 6 Cross step left behind right, step right to the right, cross step left over right.
- 7 – 8 Step right to the right, make a ½ turn left stepping left to the left. (6 O'CLOCK)

SYNCOPATED JAZZ BOX. BEHIND, SIDE, CROSS. HIP BUMPS.

- 1 – 6 Repeat Counts 1 – 2 &, 3 – 4 and 5 & 6 from the previous Section.
- 7 – 8 Step right to the right bumping right, bump left. (Weight ends on left) (6 O'CLOCK)

END OF DANCE! □

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