

Rise Like A Phoenix

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4
编舞者: Hans Palm (SWE) - May 2014

级数: Intermediate

音乐: Rise Like a Phoenix - Conchita Wurst : (Album: Rise Like A Phoenix - 3:02)



Intro: □12 counts from start of song, the music slows down slightly just before start of dance□

S1: □STEP SWEEP WEAVE, STEP SWEEP WEAVE, ROCK FW & RECOVER ¼ R, TURN ¼ R & FULL TURN R

1,2& Step R forward as you sweep L out to front (1), cross L over R (2), step R to R side (&)
3,4& Step L behind R as you sweep R to back (3), step R behind L (4), step L to L side (&)
5,6 Rock forward on R (5), recover back on L while turning ¼ R (6) 3:00
7&8& Turn ¼ R stepping on R (7), turn ½ R on L (&), turn ½ R on R (8), step forward on L (&) 6:00

Easy options to spiral turn in Section 2:

S1:□Skip last & after count 8

S2:□WALK, WALK or FULL TURN

1,2 Walk L (1), walk R (2) or
1,2 Turn ½ R on L (1), Turn ½ R on R (2)

S2: □SPIRAL TURN R ON L, STEP R FW & CROSS SHUFFLE BACK, R BACK & ROCK L BACK, RECOVER & CROSS SHUFFLE FW

1,2 Spiral turn R on L (1), step forward on R (2)
3,4& Step forward on L (3), step R behind L (4), cross L over R moving backwards (&)
5,6 Step back on R (5), rock back on L (6)
7,8& Recover on R (7), step forward on L (8), step R behind L (&)

S3: □L FORWARD & R SCISSOR STEP, L TO SIDE & R NEXT TO L, LEAN L FORWARD & HOLD + WEIGHT SHIFT L NEXT TO R, ROCK R FW & RECOVER ¼ R

1,2& Step L forward (1), step R to R side (2), step L next to R (&)
3,4& Cross R over L (3), step L to L side (4), step R next to L (&)
5-6& Lean forward on L, weight on both feet (5), hold (6), step L next to R shifting all weight to L (&)
7,8 Rock forward on R (7), recover back on L while turning ¼ R (8) 9:00

S4: □TURN ¼ R + ½ R, TURN 1 ¼ R, ROCK L OVER R & RECOVER, FULL CHASE TURN L

1,2 Turn ¼ R on R (1), turn ½ R on L (2) 6:00
3&4 Turn ¼ R on R (3), Turn ½ R on L (&), Turn ½ R on R (4) 9:00
5,6 Rock L over R (5), recover on R (6)
7&8 Turn ¼ L on L (7), turn ¼ L on R (&), turn ½ L on L (8) 9:00

TAGS/RESTARTS

Wall 2 (starting 9:00): After rock back (6) in section 2, walk R (7) and L (8) while turning ¼ R, restart with wall 3 at 6:00

Wall 4 (starting at 3:00): After rock forward (5) and back with ¼ turn R (6) in section 1, walk R (7) and L (8) while turning ¼ R, restart with wall 5 at 9:00

Wall 6 (starting at 6:00): After rock forward (5) and back with ¼ turn R (6) in section 1, walk R (7) and L (8) while turning ¼ R, restart with wall 7 at 12:00

Wall 8 (starting at 9:00): After rock back (6) in section 2 when music slows down, walk R (7) and step L next to R (8), restart with wall 9 at 3:00

ENDING (wall 10, starting at 12:00)

Music slows down in section 1 but starts at normal tempo again after count 5 in section 1 (adapt to tempo), continue to count 4& in section 2, then turn ½ left to 12:00, bend knees and lower body at the end of the long

“flame” in the lyrics and then Rise Like A Phoenix with arms sweeping up and circular to the sides

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Version 2 (Added easy options to spiral turn in section 2)
