

Rise Like A Phoenix

拍数: 40 墙数: 2 级数: Intermediate
编舞者: M.T.C (UK) - May 2014
音乐: Rise Like a Phoenix - Conchita Wurst : (Eurovision 2014 Austria Entry)



Intro 8 counts start on vocals

Section 1: □ Basic Right, Basic Left, Side, Coaster Step, Step Pivot Turn

- 1-2& Step Right Long Step to Right Side, Rock Back on Left (Slightly behind R),
□□□□□ Recover on Right
- 3-4& Step Left Long Step to Left Side, Rock Back on Right (Slightly behind L), □□□□□ Recover
on Left
- 5-6&7 Step Right to Right Side, Step Back on Left, Step Right Beside Left, Step Left
□□□□□ Forward
- 8&1 Step Right forward, Pivot 3/4 Turn Left, Step Right to Right Side

Section 2: □ Rock Recover Step, Behind Side Cross, Side Together Cross, Side

- 2&3 Rock Back on Left, Recover on Right, Step Left to Left Side
- 4&5 Step Right Behind, Step Left to Left Side, Cross Step Right over Left foot
- 6&7 Step Left to Left Side, Step Right Beside Left, Cross Step Left over Right Foot
- 8 Step Right to Right Side

Section 3: □ Step, Shuffle, Touch Unwind, Chasse Right, Side

- 1-2&3 Step Left Back, Shuffle Backward Right, Left, Right
- 4-5 Touch Left Behind Right, Unwind 3/4 turn over Left Shoulder,
- 6&7 Step Right to Right Side, Step Left Beside Right, Step Right to Right Side
- 8 Step Left to Left Side

Section 4: □ Touch, Touch, Sailor 1/4 Turn, Step, Step Pivot Turn, Side

- 1-2 Touch Right Foot Forward, Touch Right Foot to Right Side
- 3&4 Make 1/4 Turn Right Step Back on Right, Step Left Beside Right, Step Right
□□□□□ Forward
- 6&7 Step Left Foot Forward, Step Right Foot Forward, Pivot 3/4 Turn Left, Step Right to Right
Side
- 8 Touch Left Beside Right

Section 5: □ Side Touch, Chasse Right, Cross Unwind, Jump Hold Clap

- 1-2 Step Left to Left Side, Touch Right Beside Left
- 3&4 Step Right to Right Side, Step Left Beside Right, Step Right to Right Side
- 5-6 Cross Left over Right, Unwind 1/2 Turn over Right Shoulder
- &7-8 Jump forward Right, Left Hold and Clap

TAG - End of 1st Wall, facing 6:00 - End of 4th Wall, facing 12:00 (Music Slows Down So Dance Accordingly)

- 1&2 Step Right Foot Forward, Pivot 1/2 turn over left shoulder, Step Right Foot
□□□□□ Forward
- 3&4 Step Left Foot Forward, Pivot 1/2 turn over Right Shoulder, Step Left foot □□□□□ Forward
- 5&6 Step Right to Right Side & Recover Weight To Left In Place, Step Together Right
- 7&8 Step Left to Left Side & Recover Weight To Right In Place, Step Together Left

ENDING - To Be Danced After the 5th wall, facing 6:00 to end the dance on 12:00

- 1-2& Step Right Long Step to Right Side, Rock Back on Left (Slightly behind R),
□□□□□ Recover on Right

3-4&5 Make 1/4 Turn Left stepping Left Foot Forward, Step Right Foot Forward, Pivot 1/4 Turn Left,
Step Right Foot Forward and Hold
(Music Slows Down During The Ending So Dance Accordingly)

Last Update - 26th May 2014
