# Weigh, Hey And Up She Rises

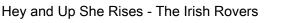
牆數: 4

級數: High Beginner

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音樂: Weigh, Hey and Up She Rises - The Irish Rovers

拍數: 32





#### Intro: 24 counts (12 seconds)

### BRUSH, CROSS BRUSH, BRUSH, HITCH, TOGETHER (2X)

- Brush R forward, brush R across L, 1-2
- 3&4 Brush R forward, Hitch R Knee, R next to L.
- 5-6 Brush L forward, brush L across R,
- 7&8 Brush L forward, Hitch L Knee, step L next to R.
  - Option : You can make a « hop » at the same time you make a « hitch » !

# BRUSH, CROSS BRUSH, BRUSH, HITCH, TOGETHER, FULL TURNING VOLTA STEP L.

- 1-2 Brush R forward, brush R across L,
- 3&4 Brush R forward, Hitch R Knee, step R next to L.
- 5& Make <sup>1</sup>/<sub>4</sub> turn L and step L forward, lock R behind L.
- 6& Make 1/4 turn L and step L forward, lock R behind L
- 7& Make 1/4 turn L and step L forward, lock R behind L
- 8 Make 1/4 turn to L and step L. forward (12.00)

# CROSS ROCK, SIDE SHUFFLE TO R., CROSS ROCK, SIDE SHUFFLE ¼ TURN L.

- 1-2 Cross R over L, recover on L
- 3&4 Step R to right, step L next to R., step R to right
- 5-6 Cross PG over PD, recover on R.
- 7&8 Step L to left, step R next to L., make 1/4 turn to L and step L forward (9.00)

# PIVOT ½ TURN L., SHUFFLE FORWARD, FULL TURN TO RIGHT, STOMP L, STOMP-UP R.

- 1-2 Step R forward, pivot <sup>1</sup>/<sub>2</sub> turn to L (weight on L)
- 3&4 Step R forward, step L next to R, step R forward
- 5-6 Make 1/2 turn to R and step L behind, make 1/2 turn to R and step R forward
- 7-8 Stomp L in place, stomp -up R in place (3.00)
- Easy Option : 5-6 : Step L forward, step R forward