

All Rise

拍數: 128 牆數: 2 級數: Phrased Intermediate
編舞者: Flat Guo (CN) & Yanzi Zhang (CN) - March 2016
音樂: All Rise - Blue



Intro: 32 counts - Sequence: A/B/T/A/B/C/B/B/B

Part A: 64 counts

A(1-8)Long Step, Towards, L side, Sway, Cross, R side, Sway, Cross, Hold, L side

1-2 Long step R to R, Step L towards R
3&4 Step L to L, Sway R to R, Cross L over R
5-6 Step R to R, Sway L to L
7-8& Cross R over L, Hold, Step L to L

A(9-16)Cross, Hold, L side, Cross shuffle, Behind, Turn and forward, Forward, Touch

1-2 Cross R over L, Hold,
&3&4 Step L to L, Cross R over L, Step L to L, Cross R over L
5-6 Step L behind R, 1/4 turn R stepping R forward
7-8 Step L forward, Touch R beside L

A(17-24)Rock chair step, R side, Hold, Beside, R side, Beside

1-2-3-4 Rock R forward, Recover on L, Rock R back, Recover on L
5-6 Step R to R, Hold,
&7-8 Step L beside R, Step R to R, Step L beside R

A(25-32)Rock, Recover, 1/2 turn R forward, Hold, Pivot full turn, Forward, Touch

1-2-3-4 Rock R forward, Recover on L, 1/2 turn R stepping R forward, Hold
5-6 Step L forward, Pivot full turn stepping R forward
7-8 Step L forward, Touch R beside L

A(33-40)Rock, Recover, Back then Bend(X4), 1/2 turn L, Sweep

1-2 Rock R forward, Recover on L
3&4& Step R back, Bend L, Step L back, Bend R
5&6 Step R back, Bend L, Step L back bending R
7-8 Step R in place, 1/2 turn L sweeping L to back

A(41-48)R Grapevine kick, Rolling vine and kick

1-2 Step L back, Step R to R
3-4 Cross L over R, Kick R diagonal
5-6 Step R back, 1/2 turn L stepping L forward
7-8 Step R to R, Kick L cross over R

A(49-56)Cross, Bend, Back, Kick, Touch, Back, Forward, Hold

1-2 Cross L over R, Bend R and touch behind L
3-4 Step R back, Kick L cross R
5-6 Touch L behind R turning 1/4 L, Step R back
7-8 Step L forward, Hold

A(57-64)Rock, Recover, Back shuffle, Sweep, Back, Forward, Pivot turn L

1-2 Rock R forward, Recover on L
&3&4 Cross R over L, Step L back, Cross R over L, Step L back sweeping R to back
5-6-7-8 Step R back, 1/4 turn L stepping L forward, Step R forward, 3/4 turn L

Part B: 32counts

B(1-8)R side, Behind, Vine, Beside, Cross, Recover, L side, Cross

- 1-2 Step R to R, Cross L behind over R
&3&4 Cross L over R, Step R to R, Cross L behind over R, Step R to R
&5 Step R beside L, Cross L over R
6-7-8 Recover on R, Step L to L, Cross R over L

B(9-16)Dig L heel, 1/4 turn R and dig(X3), Dig R heel, 1/4 turn L and dig(X3)

- 1-2-3-4 Dig L heel diagonal, 1/4 turn R digging L heel diagonal, 1/4 turn R digging L heel diagonal, 1/4 turn R digging L heel diagonal
5-6-7-8 Dig R heel diagonal, 1/4 turn L digging R heel diagonal, 1/4 turn L digging R heel diagonal, 1/4 turn L digging R heel diagonal

B(17-24)Cross, Hold, Vine step, L side, Behind, R side, Cross behind, R side

- 1-2 Cross R over L, Hold
&3&4 Step L to L, Cross R behind over L, Step L to L, Cross R over L
&5 Step L to L, Touch R behind over L
6-7-8 Step R to R, Cross R behind L, Step R to R

B(25-32)Pivot turn R, Forward, Turn L and R back, Triple step, Rock ,Recover

- 1-2-3-4 Step L forward, Pivot turn 1/4 R, Step L forward, 1/4 turn L stepping R back
5&6 1/4 turn L stepping L forward, Step R beside L, 1/4 turn L stepping L forward
7-8 Rock R back, Recover on L

Part C: 32counts

C(1-8)Step forward diagonal(X4), Back,dig heel(X4)

- 1-2-3-4 Step R forward diagonal, Step L forward diagonal, Step R forward diagonal, Step L forward diagonal
5&6&7&8 Step R back, Dig L heel forward, Step L back, Dig R heel forward, Step R back, Dig L heel forward, Step L back digging R heel forward

C(9-16)Side step, Sway, Sailor step, Coaster step

- 1-2 Step R to R, Sway L to L
3&4 Step R back, Step L to L, Step R to R
5&6 Step L back, Step R together, Step L forward
7&8 Hold, Step R beside L, Step L forward

C(17-24)Toe switch, Heel switch, Strut step, Pivot turn L

- 1&2& Point R to R, Step R beside L, Point L to L ,Step L beside R
3&4& Dig R heel forward, Step R beside L, Dig L heel forward ,Step L beside R
5&6& Touch R toe beside L, R heel down, Dig L heel forward, Step L beside R
7-8 Step R forward, Pivot turn 1/2 L

C(25-32)Pivot 1/2 turn R, Forward, R, L, Pivot 1/4 turn L, Cross, Back

- 1-2 Scuff R to L diagonal, Step R cross over L
3-4 Scuff L to R diagonal, Step L cross over R
5-6 Rock R forward, Recover on L
&7&8 Step R to R, Step L to L, Step R beside L, Cross L over R

Have fun!

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