

Rise

拍數: 152 牆數: 1 級數: Phrased Advanced
編舞者: Lam Lam (HK) - September 2016
音樂: Rise - Katy Perry : (Rio Olympics 2016 Theme Song)



Intro: 8 Counts - Sequence: A, Tag, B, C, A32, B, C, B

Tag : 4 counts, Sway R (1,2), Sway L (3,4)
A32: Change the last 2 counts to ..Touch L behind R (7), Unwind 1/2L (8)
Start Part B facing 12:00

Part A : 56 counts

A [1-8] Back Drag, Coaster Step Sweep, Cross Back

1 2 3 4 Step R back dragging L towards R (1,2) Step L back(3), Step R tog(4)
5 6 7 8 Step L fwd sweeping R to front(5,6) Cross R over L(7), Step L back(8)

A[9-16] Side Lunge 1/4L, Pivot 1/2L Fwd, Full Turn Right with Sweep

1 2 3 4 Lunge R to side (1,2), Recover 1/4L(3), Step R fwd(4) 9:00
5 6 7 8 Pivot 1/2L(5), Step R fwd(6), 1/2R Step L back(7), 1/2R Step R Fwd Sweeping L from back to front(8) 3:00

A[17-24] Weave R Sweep, Sailor Cross lunge Recover

1 2 3 4 Cross L over R(1), Step R to side(2), Cross L behind R (3) Sweeping R back(4) 3:00
5 6 7 8 Cross R behind L(5), Step L to side(6), Cross R over L diagonal Left(7), Recover on L (8)
1:30

A[25-32] 1/2R, L Fwd Rock, 1 + 1/8L Sweep Behind Side

1 2 3 4 1/2R Step R fwd(1), Rock fwd on L(2), Recover on R(3), 5/8L Step L fwd(4) 12:00
5 6 7 8 Step Pivot 1/2L (weight on RF)sweeping LF back(5,6) , Step L behind R(7), Step R to side (8)
6:00

A[33-40] Cross Unwind 3/4R, Step 3/4R Sway RLR & Touch

1 2 3 4 Cross L over R unwind 3/4 turn Right (1,2) (weight still on Lf) 3:00, Step R fwd (3), 1/2R Step L back (4) 9:00
5 6 7 8 1/4R Sway R to side,(5), Sway L to side(6), Sway R to side (7), Touch L beside R slightly bending your knees (8) 12:00

A[41-48] 1/2L, behind 1/4R, Pivot 3/4R Side Touch

1 2 3 4 1 1/4L Step L fwd(1), 1/4L Step R to side(2), Step L behind R(3) 1/4R Step R fwd(4) 9:00
5 6 7 8 Step L fwd(5), Pivot 3/4R (6), Step L to side (7), Touch R to L(8) 6:00

A[49-56] Twinkle R,L, Mambo 1/2R Walk R L

1&2 Cross R over L(1), Step ball of LF to side(&), Step R in place (2)
3&4 Cross L over R(3), Step ball of RF to side(&), Step L in place (4)
5 6 7 8 Rock fwd on R(5), Recover onto L(6), 1/2R Walk fwd on R L (7,8)12:00

Part B : 32 Counts

B[1-8] Side Behind 1/4R, Lock Step Together, Side Rock Together, Side Rock Hinge 1/2L Side

1 2& Step R to side (1), Cross L behind R(2), 1/4R Step R fwd (&)
3 4& Step L fwd diagonal L(3) Lock R behind L(4), Step L together(&) 3:00
5 6& Rock R to side(5), Recover onto L(6), Step R together(&)
7 8& Rock L to side(7), Recover onto R & hinge 1/2L (8), Step L to side(&) 9:00

B[9-16] Cross Back Back, Cross Back 3/4L, Back Rock Sway L R Together

1 2& Cross R over L(1), Step L back diagonal L (2), Step R back diagonal R(&)
3 4& Cross L over R(3), Step R back(4), 1/2L Step L fwd (&) 3:00
5 6& 1/4L Step R to side(5), Rock Back on L(6), Recover onto R (&),
7 8& Sway L to L side(7), Sway R to R side(8), StepL beside R (&) 12:00

B[17-24] Cross Unwind 1/2L Fwd, Touch Unwind 3/4L Fwd, Touch Unwind 3/4L Fwd, Fwd Rock

1 2& Cross R over L(1), Unwind 1/2L (2), Step R slightly fwd(&) 6:00
3 4& LF touch behind RF(3), Unwind 3/4L (4), Step R fwd (&) 9:00
5 6& Lf touch behind RF (5), Unwind 3/4L (6), Step R fwd (&) 12:00
7 8 Rock fwd on L (7), Recover onto R (8)12:00

B[25-32] Back Sweep L R, Back Coaster Step, Pivot 1/2L Fwd, Pivot 1/2R Fwd

1 2 Step L back sweeping RF backward(1), Step R back sweeping LF backward (2)
3&4 Step L back (3), Step R beside L(&), Step L fwd(4)
5 6& Step R fwd(5), Pivot 1/2L(6), Step R fwd (&) 6:00
7 8& Step L fwd (7), Pivot 1/2R (8), Step L fwd (&)12:00

Part C : 64 Counts

C[1-8] Side Behind 3/4R Sweep, Sailor Cross Rock Side

1 2 3 4 Step R to side(1), Step L behind R(2), 1/4R Step R fwd(3), 1/2R Step L back Sweep RF round to side(4) 9:00
5 6 7 8& Cross R behind L(5), Step L to side(6), Cross Rock R over L(7), Recover Onto L(8), Step R to side (&) 9:00

C[9-16] Cross Side Touch Unwind 1/2L, Fwd, Mambo Step ,Full Turn Right

1 2 3 4 Cross L over R(1), Step R to side(2), Touch L behind R(3), Unwind 1/2L(4)
5 6&7 Step R fwd(5), Rock fwd on L(6), Recover onto R(&), Step L back(7)
8& 1/2R Step R fwd(8), 1/2R Step L back(&) 3:00

C[17-24] 1/4R Side Cross Side, Back Rock, Pivot 1/2R fwd & Press

1 2 3 1/4R Step R to side(1), Cross L over R(2), Step R to side(3) 6:00
4 5 1/8L Rock back on L facing 4:30 (4), Recover onto R (5) 4:30
6&7 Step L fwd (6), Pivot 1/2R(&), Step L fwd(7), 10:30
8 Press/Lunge fwd on R (8) 10:30

C[25-32] Recover & Hitch RF, 1/8L Sailor Cross Side, Back Rock 1/4L, Back Rock

1 2&3 Recover onto L & HitchRf(1), Cross R behind L(2), 1/8L Step L to side(&), Cross R over L(3) 9:00
4 5 6& Step L to side(4), Rock back on R(5), Recover onto L(6), 1/4L Step R back(&)
7 8 Rock Back on L(7), Recover onto R(8) 6:00

C[33-40] Side Behind 3/4L Sweep, Sailor Cross Rock Side

1 2 3 4 Step L to side(1), Step R behind L(2), 1/4L Step L fwd(3), 1/2L Step R back Sweep LF round to side(4) 9:00
5 6 7 8& Cross L behind R(5), Step R to side(6), Cross Rock L over R(7), Recover Onto R (8), Step L to side (&) 9:00

C[41-48] Cross Side Touch Unwind 1/2R, Fwd, Mambo Step, Full Turn Left

1 2 3 4 Cross R over L(1), Step L to side(2), Touch R behind L(3), Unwind 1/2R(4)
5 6&7 Step L fwd(5), Rock Fwd on R(6), Recover onto L(&), Step R back(7)
8& 1/2L Step L fwd(8), 1/2L Step R back (&), 3:00

C[49-56] 1/4L Side Cross Side, Back Rock, Pivot 1/2L Fwd & Press

1 2 3 1 /4L Step L to side(1), Cross R over L(2), Step L to side(3) 12:00
4 5 1/8R Rock back on R facing 1:30 (4), Recover onto L (5) 1:30
6&7 Step R fwd(6), Pivot 1/2L (&), Step R fwd (7) 7:30

8 Press/Lunge fwd on L (8) 7:30

C[57-64] Recover & Hitch LF, 1/8R Sailor Cross Side, Back Rock 1/4R, Back Rock

1 2&3 Recover to R & Hitch LF (1), Step L behind R(2), 1/8R Step R to side(&) Cross L over R (3)
9:00

4 5 6& Step R to side(4), Rock back on L(5), Recover onto R(6), 1/4R Step Lback(&)

7 8 Rock back on R (7), Recover ontoL (8) 12:00
