

Rise Up

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Dwight Meessen (NL) - June 2017
音樂: Rise Up - Andra Day : (Album: Cheers To The Fall)



I want to dedicate this dance to my stepmother who has breast cancer.
You are a fantastic and lovely person!
You can win this battle. Be strong and lots of love.

Info: Start on vocals

S1: Slow NC Basic x2

1-4 RF big step side, LF drag, LF rock behind, RF recover
5-8 LF big step side, RF drag, RF rock behind, LF recover [12]

S2: ¼ R Fwd, Hold, Spiral ⅞ R/Sweep, Fwd x2, Rock Fwd Recover

1-2 RF ¼ right step forward, hold
3-4 RF ⅞ turn right on ball foot and sweep LF around in 2 counts
5-8 LF step forward, RF step forward, LF rock forward, RF recover [1.30]

S3: Back x2, Rock Back Recover, ⅞ R Fwd, Unwind ¾ R/Sweep, Behind, Side

1-4 LF step back, RF step back, LF rock back, RF recover
5-6 LF ⅞ right step forward, LF ¾ right on ball foot and sweep RF back
7-8 RF cross behind, LF step side [12]

S4: Cross, Sweep, Mod. Diamond ½ L

1-4 RF cross over, LF sweep forward, LF cross over, RF step side
5-6 LF ⅞ left step back, RF step back
7-8 LF ⅞ left step side, RF ¼ left step forward [6]

S5: Rock Fwd Recover, Back, Sweep, Back, Sweep, Back, Side

1-2 LF rock forward, RF recover
3-6 LF step back, RF sweep back, RF step back, LF sweep back
7-8 LF step back, RF step side [6]

S6: Cross, Sweep (x2), Jazz Box ¼ L

1-2 LF cross over, RF sweep forward and push R hand up with fingers spread
3-4 RF cross over, LF sweep forward and R hand down
5-8 LF cross over, RF ¼ left step back, LF step side, RF step forward [3]

S7: Cross, Sweep (x2), Jazz Box Cross ¼ L

1-2 LF cross over, RF sweep forward and push R hand up with fingers spread
3-4 RF cross over, LF sweep forward and R hand down
5-8 LF cross over, RF ¼ left step back, LF step side, RF cross over [12]

S8: Slow NC Basic, ¼ R Fwd, Pivot ¼ R, Cross

1-4 LF big step side, RF drag, RF rock behind, LF recover
5-8 RF ¼ right step forward, LF step forward, L+R ¼ turn right, LF cross over [6]

Start again

TAG: After the 2nd and 5th walls:

Slow Sway x2, ¼ R Fwd, Pivot ¼ R, Cross

1-2 RF step side and hips right in 2 counts
3-4 hips left in 2 counts
5-8 RF $\frac{1}{4}$ right step forward, LF step forward, L+R $\frac{1}{4}$ turn right, LF cross over

Slow Sway x2, $\frac{1}{4}$ R Fwd, Pivot $\frac{1}{4}$ R, Cross

1-2 RF step side and hips right in 2 counts
3-4 hips left in 2 counts
5-8 RF $\frac{1}{4}$ right step forward, LF step forward, L+R $\frac{1}{4}$ turn right, LF cross over

Slow NC Basic x2

1-4 RF big step side, LF drag, LF rock behind, RF recover
5-8 LF big step side, RF drag, RF rock behind, LF recover

Slow Sway x2, $\frac{1}{4}$ R Fwd, Pivot $\frac{1}{4}$ R, Cross

1-2 RF step side and hips right in 2 counts
3-4 hips left in 2 counts
5-8 RF $\frac{1}{4}$ right step forward, LF step forward, L+R $\frac{1}{4}$ turn right, LF cross over
