

# 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

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