

# Rise and Shine

拍數: 64      牆數: 4      級數: High Beginner  
編舞者: Laura Sway (UK) - September 2017  
音樂: Rise & Shine - Si Cranstoun



Count in: 24 counts

**[1-8] Toes struts out out, in in.**

- 1234- touch right toe to right side, push right heel down. Touch left toe to left side, push left heel down.  
5678- toe right toe in and slightly back, push right heel down. Touch left toe beside right, push left heel down.

**[9-16] x2 lock steps forward with a scuff.**

- 1234- step right forward, lock left behind right, step right forward, scuff the left.  
5678- step left forward, lock right behind left, step left forward, scuff the right.

**(One Restart here on wall 7)**

**[17-24] Step fwd, clap, pivot 1/4, clap, step fwd, clap, pivot 1/4, clap.**

- 1234- step forward on the right, clap. Pivot 1/4 turn left weight on left, clap. (9.00)  
5678- step forward on the right, clap, pivot 1/4 turn left weight on left, clap. (6.00)

**[25-32] slow toe strut jazz box.**

- 1234- cross right toe across left, push heel down, touch left toe back, push heel down.  
5678- touch right toe to right side, push heel down, touch left beside right, push heel down.

**[33-40] Point out in, fwd touch, point out in, fwd touch.**

- 1234- point right toe to right side, touch right toe beside left, step right to right diagonal forward, touch left beside right.  
5678- point left to left side, touch left beside right, step left to left diagonal, touch right beside left.

**[41-48] Step back clap x4**

- 12345678- Step right back, touch left beside right and clap, step back left, touch right beside left and clap, repeat.

**[49-56] step side, hold, behind, hold, side, hold, step fwd, hold. ( with arms old black coffee style :- )**

- 1234- step right to right side hold & click hands up, step left behind right hold & click hands low  
5678- step right to right side hold & click hands up, step slightly forward on left, hold & click hands low.

**[57-64] Step fwd right, hold, pivot 1/4 hold, twist travelling fwd x4 with jazz hands**

- 1234- step right forward, hold, pivot 1/4 turn to the left weight on left, hold.  
5678- traveling forward step right, left, right, left, slightly twisting feet as you do it. With jazz hands

End of dance :-)

Last Update - 5th Sept 2017