

Rise

拍數: 32 牆數: 2 級數: Improver
編舞者: Rex Chuan (USA) - April 2019
音樂: Rise (feat. Jack & Jack) - Jonas Blue



Tag: 0 - Restart: 0

Start: Dance starts after 40 counts of intro, with vocal

S1: Side Together X3, Cross, Side, Hols, Monterey Turn, Hold, Together, Side

1&2&3& RF R(1), LF together(&), RF R(2), LF together(&), RF R(3), LF together(&) (styling guide: shoulders tilt)
4& RF cross behind LF(4), LF tap L(&)
5 6& Hold 5, L quarter turn and LF together(6), RF tap R(&)
7 8& Hold 7, RF together(8), LF L(&) (9:00)

S2: Heel X2, Kick Hitch, Cross, Side, Hold, Monterey Turn, Hold, Together Side

1 2 3& RF heel tap diagonally(1), RF heel tap diagonally(2), RF kick(3) and hitch(&)
4& RF back diagonally(4), LF tap L(&)
5 6& Hold 5, L quarter turn and LF together(6), RF tap R(&)
7 8& Hold 7, RF together(8), LF L(&) (6:00)

S3: Cha Cha Cha, Kick, Cha Cha Cha, Kick, Forward X2, Tap, Turn And Forward, Tap

1&2& RF forward diagonally(1), LF lock in(&), RF forward diagonally(2), LF kick L diagonally(&)
3&4& LF forward diagonally(3), RF lock in(&), LF forward diagonally(4), RF kick forward(&)
5 6& RF forward(5), LF forward(6), RF tap behind LF on toe(&)
7 8& Hold 7, R half turn and large step forward(8), LF tap behind RF on toe(&)

S4: Knees Open, Close, Open, Close, Open, Close, Side, Tap, Hold, Side, Tap, Hold, Unwind

1&2&3& Open both bent knees(1), close(&), open again(2), close(&), open again(3), close(&)
4& LF L(4), RF tap behind LF (&)
5 6& Hold 5, RF R(6), LF cross behind RF(&)
7 8 Hold 7, unwind L half turn(8) (6:00)