

# Rise

拍數: 32                      牆數: 2                      級數: Novice  
編舞者: Marianne Langagne (FR) - July 2019  
音樂: Rise (Sing It Loud) - Caroline Jones



Intro : 16 counts

3 Restarts (2nd wall (3o'clock) – 5th wall (9o'clock) – 9th wall (9o'clock))

**[1 – 8] TAP, KICK, COASTER STEP, ROCK FWD, BACK TRIPLE**

1 – 2                      Tap R Ball, Kick RF FWD  
3 & 4                      RF back & together, RF FWD  
5 – 6                      LF FWD, recover on RF  
7 & 8                      LF back & together, LF back

**[9 – 16] TWIST TURN ½, SIDE ROCK CROSS WITH R ¼ TURN, POINT ON R SIDE – FWD – R SIDE**

1 – 2                      R Ball behind LF, Right ½ turn (weight on RF) 6o'clock (Restart –2 and 3 but after ½ turn weight on LF)  
3 – 4                      LF FWD, R ¼ turn – recover on RF 9o'clock  
5 – 6                      Cross LF over RF, R point to the Right  
7 – 8                      R point FWD, R point to the right (Restart 1)

**[17 – 24] ROCK BACK, SIDE TRIPLE, ROCK BACK, STEP FWD, R ½ TURN**

1 – 2                      RF back, recover on LF  
3 & 4                      RF to the right & LF next to RF, RF to the right  
5 – 6                      LF back, recover on RF  
7 – 8                      LF FWD, R ½ turn (weight on RF) 3o'clock

**[25 – 32] FULL TURN, WALK L-R, TRIPLE FWD, BOUNCES WITH R ¼ TURN**

1 – 2                      R ½ turn – LF back, R ½ turn – RF FWD  
3 – 4                      Walk L, Walk R  
5 & 6                      LF FWD & together, LF FWD  
7 – 8 2                      Bounces with R ¼ turn (weight on LF)

**HAVE FUN !!!**

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