

# Rise

拍數: 48      牆數: 1      級數: Intermediate  
編舞者: Stefano Civa (IT) - April 2019  
音樂: Rise (Sing It Loud) - Caroline Jones



Start dancing after 16 counts

## ROCK STEP, HEEL SWITCHES, ROCK STEP ¼ RIGHT, SHUFFLE ½ LEFT

1-2            Rock right fwd, recover to left  
&3&4&        Step right back, heel left fwd, return, heel right fwd, return  
5-6            Rock step left ¼ right, recover to right  
7&8            Shuffle left ½ turn left (L,R,L)

## STOMP 5/8 TURN LEFT, HOLD, COASTER STEP, KICK BALL CHANGE, ROCK STEP

1-2            Stomp right 5/8 turn left (diagonal at 4:30), hold  
3&4            Coaster step left  
5&6            Kick ball change right  
7-8            Rock step right fwd, recover to left

## SHUFFLE 5/8 TURN RIGHT, ROCK SIDE ¼ RIGHT, WAVE, ROCK SIDE

1&2            Shuffle right 5/8 turn right (R,L,R) (return at 12:00)  
3-4            Rock left side ¼ turn right, recover to right  
5&6            Cross left behind right, step right side, cross left over right  
7-8            Rock right side, recover to left

## ROCK BACK, ROCK SIDE ¼ TURN, ROCK BACK, SHUFFLE FORWARD

1-2            Rock right back, recover to left  
3-4            Rock right side ¼ turn left, recover to left  
5-6            Rock right back, recover to left  
7&8            Shuffle right fwd (R,L,R)

## CHASSE' ¼ TURN RIGHT, CHASSE' ¼ TURN RIGHT, ROCK STEP, COASTER STEP

1&2            Shuffle ¼ turn right (L,R,L)  
3-4            Shuffle ¼ turn right (R,L,R)  
5-6            Rock left fwd, recover to right  
7&8            Coaster step left

## CHASSE' ¼ TURN LEFT, CHASSE' ¼ TURN LEFT, ROCK STEP, COASTER SCUFF

1&2            Shuffle ¼ turn left (R,L,R)  
3-4            Shuffle ¼ turn right (L,R,L)  
5-6            Rock right fwd, recover to left  
7&8            Right Coaster step scuff

REPEAT

TAG 1 = 22 counts

After 32 counts on the 2nd at 5th wall

## SLIDE ¼ TURN RIGHT X 4, ROCK STEP, COASTER STEP, STEP, SCUFF

1-4            Slide left side ¼ turn right, i move my right foot with my left hand  
5-8            Slide right side ¼ turn right, i move my left foot with my left hand  
1-4            Slide left side ¼ turn right, i move my right foot with my left hand  
5-8            Slide right side ¼ turn right, i move my left foot with my left hand  
1-2            Rock step right, recover to left

3&4 Coaster step right  
5-6 step left forward, scuff right

**TAG 2 = 2 counts**

**After 18 counts on the 3rd, 6th, 8th wall**

**STEP, SCUFF**

1-2 Step left fwd, scuff right

**TAG 3 = 2 counts - After 30 counts on the 4th**

**STEP, STOMP**

1-2 Step right fwd, stomp left

**FINAL**

**ROCK STEP, COASTER STEP, STOMP**

45-46 Rock step right, recover to left

47&48 Coaster step right

1 Stomp left

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