

# Rise Up

COPPER KNOB  
BY SHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Andrico Yusran (INA) & Sofyan Anas (INA) - September 2020  
音樂: TheFatRat - Rise Up



Tag : 4 counts After wall 3

Bridge : On wall 6 after 16 counts

Start Dance after Intro 4 counts ( on Lyrics )

## S1# FORWARD - LOCK SHUFFLE FORWARD (sweep) - CROSS - SIDE - BACK (sweep) CROSS BEHIND - SIDE - 1/8 LOCK SHUFFLE

1-2&3      Step L forward , R forward , L lock behind R , R forward with L sweep forward  
4&5      L cross over R , R side , L back with R sweep back  
6&7&8      R cross behind L , L side , R forward 1/8 to L ( 10.30 ) , L lock behind R , R forward

## S2# MAMBO DIAGONAL - COASTER STEP - FULL TURN FORWARD - SIDE TOUCH - CROSS - SIDE TOUCH

1&2      Step L forward ( 10.30 ) , R in place , L back  
3&4      R back , L close beside R , R forward ( 10.30 )  
5&6      L 1/2 turn to R , R 1/2 turn to R , L side touch ( 12.00 )  
7-8      L cross over R , R side touch ( 12.00 ) weight on L

\*( Bridge Here on Wall 6 , SWAY )\*

## S3# CROSS ( side kick ronde ) - CROSS - SIDE - BACK 1/4 ( hitch ) - CROSS BEHIND - SIDE - CROSS ( sweep ) 1/8 - LOCK SHUFFLE FORWARD - FORWARD - HITCH

1-2&3      Step R cross over L with L side kick ronde , L cross over R , R side , L back 1/4 turn to L with R knee up  
4&5      R cross behind L , L side , R cross over L with L sweep forward 1/8 to R ( 10.30 )  
6&7      L forward ( 10.30 ) , R lock behind L , L forward  
&-8      R forward , L knee up ( 10.30 )

## S4# SIDE PUSH BODY MOVED 1/4 - SWEEP - CROSS SHUFFLE (sweep) - CROSS (sweep) - CROSS (sweep 1/4) - LOCK SHUFFLE FORWARD

1-2      Step L push body 1/4 turn to L ( 4.30 ) , R tap in place with L sweep to facing 12.00  
3&4      L cross over R , R side , L cross over R with R sweep forward  
5-6      R cross over L with L sweep forward , L cross over R with R sweep 1/4 turn to L ( 9.00 )  
7&8      R forward , L lock behind R , R forward ( 9.00 )

## TAG: 4 COUNTS

### NIGHT CLUB

1-2&3      Step L side slightly , R cross behind L , L in place , R side slightly  
4-&      L back , R in place

## BRIDGE: 4 COUNTS

1-4      Making Sway R - L - R - L

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Dancing with Your Heart ♥