

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 ♥