

# Rise Up Ting Ting

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Vikki Morris (UK) - October 2020  
音樂: Glitter & Gold - Barns Courtney : (amazon)



Start: 32 counts on the word "Walk"

**S1: R Press, Twist Heels R, Twist heels Centre, Kick R, R Behind, L Side, R Cross, Scuff L, Step L, Tap R X2, R Side, L Behind, R Side, L Cross, Scuff R**

1&2&      Press Right ball forward, Twist both heels to Right, Twist both heels back to centre, Kick Right forward

3&4      Cross Right behind Left, Step Left to Left side, Cross Right over Left

&5&6      Scuff Left, Step Left to Left side, Tap Right next to Left twice

&7&8      Step Right to Right side, Step Left behind Right, Step Right to Right side, Cross Left over Right

&      Scuff Right

**S2: R Side, Touch L In, Out, In, L Side, R Behind, ¼ L, Scuff R, Step R, Tap L X2, Back L, R Coaster, Scuff L**

1&2&      Step Right to Right side, Touch Left next to Right, Touch Left out to Left, Touch Left next to Right

3&4      Step Left to Left side, Step Right behind Left, Turn ¼ turn Left stepping forward Left (9 o'clock)

&      Scuff Right

5&6&      Step forward Right, Tap Left behind Right twice, Step back Left

7&8&      Step back Right, Step Left next to Right, Step forward Right, Scuff Left

**S3: Pivot ¼ R Cross L, R Side, L Back 1/8 L, Back R, Dig L Heel Fwd, Step L, Walk R, L, Chase ½ Turn L**

1&2      Step forward Left, Pivot ¼ turn Right, Cross Left over Right (12 o'clock)

&3&4      Step Right to Right side, Step back Left 1/8 Turn Left, Step back Right, Dig Left heel forward (10.30)

&5 6      Step Left next to Right, Walk forward Right, Walk forward Left

7&8      Step forward Right, Pivot ½ turn Left, Step forward Right (4.30)

**S4: L Lock Step, Scuff R, R Mambo ½ R, Scuff L, L Shuffle 3/8 R, R Coaster, Step L**

1&2&      Step Left forward, Lock Right behind Left, Step Left forward, Scuff Right

3&4&      Rock forward Right, Recover Left, Turn ½ turn Right, Scuff Left (10.30)

5&6      Step Left 1/8 turn Right, Step Right next to Left, Step back Left ¼ turn Right (3 o'clock)

7&8      Step back Right, Step Left next to Right, Step forward Right

&      Step forward Left

**TAG - End of wall 5 facing 3 o'clock**

**Step R, Sway, R, L, R, L, Kick Ball Change**

1 2 3 4      Step Right to Right side as you sway Right, Left, Right, Left

5&6      Low kick Right forward, Step on Right, Step Left next to Right

**Floor Split - Ting Ting - Pat Stott or Glitter & Gold - Alison, Josh, Lu, John, Julie**