

# Rise

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Gianni Hook Valassi (IT) - January 2021  
音樂: Rise (Sing It Loud) - Caroline Jones



TAGS: 12 count: 3° wall after 16 count, 5° wall after 20 count

## (1) ROCK STEP R / COASTER STEP / ROCK STEP L / COASTER STEP

1-2            step right forward - recover  
3&4           step right back - together - step right forward  
5-6           step left forward - recover  
7&8           step left back - together - step left forward

## (2) HEEL R ¼ TURN / COASTER STEP / HEEL L ¼ TURN / COASTER STEP

1-2            heel right - ¼ turn (h. 3,00)  
3&4           step right back - together - step right forward  
5-6           heel left - ¼ turn (h. 12,00)  
7&8           step left back - together - step left forward

## (3) SHUFFLE R / SHUFFLE L / ROCK STEP R / SHUFFLE BACK R

1&2           step right forward - together - step right forward  
3&4           step left forward - together - step left forward  
5-6           step right forward - recover  
7&8           step right back - together - step right back

## (4) SHUFFLE BACK L / ROCK BACK / STEP R / ¾ TURN / STOMP X 2

1&2           step left back - together - step left back  
3-4           step right back - recover  
5-6           step right forward - ¾ turn  
7-8           stomp right - stomp left

## TAG

1-2           big step right side - stomp up  
3-4           ¼ turn big step left side - stomp up  
5-6           ¼ turn big step right side - stomp up  
7-8           ¼ turn big step left side - stomp up

1-2           ¼ turn big step right side - stomp  
3-4           hold

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