

Rise

拍數: 32 牆數: 4 級數: Improver
編舞者: Diana Liang (CN) - October 2021
音樂: Rise - Calum Scott



Intro 8, No Tag/Restart

S1 Forward, Hitch, Back, 1/2R Shuffle, 1/4R Shuffle, Rock Back Recover

1&2 Step Rf forward, hitch Lf forward, step Lf back
Optional Arms Styling: raise R arm forward, raise L arm side
Optional Body Styling During Wall 2: lean over and look down
3&4 turn 1/4 to R stepping Rf to R side(3H), step Lf next to Rf, turn 1/4 to R stepping Rf forward(6H)
5&6 turn 1/4 to R stepping Lf to L side(9H), step Rf next to Lf, Lf in place
Ends here on Wall 13th, with step change of 5,6 to 1/2R Pivot, so to finish facing 12H
7,8 rock Rf back, recover back to Lf

S2 Lock Forward, Forward RL, Lock Forward, Forward, 1/4L

1&2 step Rf forward, lock Lf behind Rf, step Rf forward
3&4 step Lf forward, step Rf forward
5&6 step Lf forward, lock Rf behind Lf, step Lf forward
7,8 step Rf forward, turn 1/4 to L stepping Lf in place(6H)

S3 Weave R, Cross Rock Recover, Side, Forward

1,2 cross Rf over Lf, step Lf to L side
3,4 cross Rf behind Lf, step Lf to L side
5,6 rock Rf over Lf, recover back to Lf
7,8 step Rf to R side, step Lf forward

S4 Forward Hip Bumps, 1/4L Hip Bumps, Together Heel Bounces, Rock Back Recover

1&2 step Rf forward bumping hips to R, bump hips to L, bump hips to R
3&4 turn 1/4 to L bumping hips to L in place (3H), bump hips to R, bump hips to L
&5,6 close Rf next to Lf weight kept on Lf, bounce heels once, bounce heels again
7,8 rock Rf back, recover back to Lf

Optional Arms Styling in Whole Dance: When lyric says Rise, raise both arms in the air then drop down

Repeat the sequence and have fun!

Thanks and happy dancing!
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