

# Rise!

拍數: 32      牆數: 2      級數: High Improver  
編舞者: Mathew Sinyard (UK) - May 2023  
音樂: Rise (Sam Feldt Remix) - Calum Scott & Sam Feldt



Intro: 32 Counts  
No Tags or Restarts!!!

## Section 1 Step Lock, Step Lock Step, Rock Recover, 1/2, 1/4.

1 2            Step forward on right, lock left behind right.  
3 & 4        Step forward on right, lock left behind right, step forward on right.  
5 6            Rock forward on left, recover on to right.  
7 8            ½ turn left stepping forward on left, ¼ turn left stepping right to side.

## Section 2 Back Sweep, Behind Side Cross Shuffle, Side Rock Recover.

1 2            Step back on left, sweep right from front to back.  
3 4            Cross right behind left, step left to side.  
5 & 6        Cross right over left, step left to side, cross right over left.  
7 8            Rock left to side, recover on to right.

## Section 3 Behind Hold, Ball Cross Side, Back Rock Recover, Kick Ball Cross.

1 2            Cross left behind right, hold.  
& 3 4        Step ball of right to side, cross left over right, step right to side.  
5 6            Rock back on left, recover on to right.  
7 & 8        Kick left to left diagonal, step ball of left beside right, cross right in front of left.

## Section 4 Stomp Hold, Sailor Step, Sailor ¼, Step Pivot ½.

1 2            Stomp left to side, hold.  
3 & 4        Cross right behind left, step left to side, step right to side.  
5 & 6        Cross left behind right, step right to right side, ¼ turn left stepping forward left.  
7 8            Step forward on right, pivot ½ turn left (weight ending on left).

Optional styling: - on walls 2, 7 & 9

(Counts &4 &6 section 4) tap your right hand over heart when he sings "My heart's thumping Boom, Boom, Boom, Boom".

On walls 3, 4, 8

(Counts 1- 4 section1) whilst doing the step lock, step lock step slowly raise right arm over 4 counts when he sings "You're Gonna See Me Rise".

Ending – At the end of wall 9, make a ½ turn left stepping back on right whilst raising right arm up high.

Have Fun & Enjoy x. ☐

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