

Rise and Shine

拍數: 80 牆數: 2 級數: Phrased Intermediate - Swing
編舞者: Adam Åstmar (SWE) & Malene Jakobsen (DK) - October 2023
音樂: Rise and Shine - Deorro : (iTunes)



Intro: 96 counts from start of track, approx. 45 seconds.

Sequence: A – B – C – C – A – A – B – C – C – B – B – A – Ending

A (16 counts)

A – 1: Fwd. Point Fwd. Back. Touch. Step ½ Turn L. Run R, L, R ¼ L.

- 1 – 4 Step forward on RF (1). Point LF forward (2). Step back on LF (3). Touch RF next to LF (4).
5 – 6 Step forward on RF (5). Turn ½ L place weight on LF (6). {6:00}
7 & 8 Run Forward ¼ L stepping RF (7), LF (&), RF (8). {3:00}

A – 2: Rock Fwd. ¼ L. Cross. Big Step, Drag. Ball Side. Together.

- 1 – 4 Rock forward on LF (1). Recover on RF (2). Turn ¼ L stepping to L on LF (3). Cross RF over LF (4). {12:00}
5 – 7 Big step to L on LF (5). Drag RF towards LF (6, 7).
& 8 Ball step to R on RF (&). Close LF next to RF (8).

B (32 Counts)

B – 1: Rock Fwd. Shuffle ½ Turn R. Rock Fwd. ¼ L Chasse.

- 1 – 2 Rock forward on RF (1). Recover on LF (2).
3 & 4 Turn ¼ R stepping to R on RF (3). Close LF next to RF (&). Turn ¼ R stepping forward on RF (4). {6:00}
5 – 6 Rock forward on LF (5). Recover on RF (6).
7 & 8 Turn ¼ L stepping to L on LF (7). Close RF next to LF (&). Step to L on LF (8). {3:00}

B – 2: Cross. Side. Sailor Step. L Vaudeville. Ball, Cross. Side, Touch.

- 1 – 2 Cross RF over LF (1). Step to L on LF (2).
3 & 4 Step RF behind LF (3). Step to L on LF (&). Step to R on RF (4).
5 & 6 Cross LF over RF (5). Step to R on RF (&). Touch L heel to L diagonal (6).
& 7 & 8 Ball Step LF next to RF (&). Cross RF over LF (7). Step to L on LF (&). Touch RF next to LF (8).

B – 3: Back, Kick. Back, Kick. Rock Back. Step ¼ Turn L.

- 1 – 2 Step back on RF, slightly bending knee (1). Kick LF forward and straighten R knee (2).
3 – 4 Step back on LF, slightly bending knee (3). Kick RF forward and straighten L knee (4).
5 – 8 Rock back on RF (5). Recover on LF (6). Step forward on RF (7). Turn ¼ L placing weight on LF (8). {12:00}

B – 4: Jazz Box ¼ R Cross. Run ¾ R. Step, Together.

- 1 – 2 Cross RF over LF (1). Turn ¼ R stepping back on LF (2). {3:00}
3 – 4 Step to R on RF (3). Cross LF over RF (4).
5 & 6 & Run ¾ R stepping R (5), L (&), R (6), L (&). {12:00}
7 – 8 Step forward on RF (7). Close LF next to RF (8).

Option When stepping forward on count 7, slightly "delay" upper body to get a dragging effect, thus hitting the music!

C (32 Counts)

C – 1: Hitch, Back. Coaster Cross. Side Rock. Behind, ¼ L, Fwd.

- 1 – 2 Hitch R knee, slightly raising up on L toes (1). Step back on RF (2).
3 & 4 Step back on LF (3). Close RF next to LF (&). Cross LF over RF (4).

- 5 – 6 Rock to R on RF (5). Recover on LF (6).
7 & 8 Step RF behind LF (7). Turn ¼ L stepping forward on LF (&). Step forward on RF (8). {9:00}

C – 2: Hitch, Back. Coaster Cross. Side Rock. Sailor ¼ L.

- 1 – 2 Hitch L knee, slightly raising up on R toes (1). Step back on LF (2).
3 & 4 Step back on RF (3). Close LF next to RF (&). Cross RF over LF (4).
5 – 6 Rock to L on LF (5). Recover on RF (6).
7 & 8 Cross LF behind RF (7). Turn ¼ L stepping RF in place (&). Step forward on LF (8). {6:00}

C – 3: Fwd, Heel Split. Fwd, Heel Split. Kick, Small Hitch. Back, Drag. Ball, Fwd.

- 1 & 2 Step forward on RF (1). Swivel both heels out to sides, splitting them (&). Swivel both heels in place weight on RF (2).
3 & 4 Step forward on LF (3). Swivel both heels out to sides, splitting them (&). Swivel both heels in place weight on LF (4).
5 & 6 Kick RF forward (5). Hitch R knee slightly (&). Step back on RF (6).
7 & 8 Drag LF towards RF (7). Close LF next to RF (&). Step forward on RF (8).

C – 4: Rock Fwd. Shuffle ½ Turn L. 1/8 L Out-Out, 1/8 L In-In, 1/8 L Out-Out, 1/8 L In-In.

- 1 – 2 Rock forward on LF (1). Recover on RF (2).
3 & 4 Turn ¼ L stepping to L on LF (3). Close RF next to LF (&). Turn ¼ L stepping forward on LF (4). {12:00}
& 5 Turn 1/8 L stepping out to R on RF (&). Step out to L on LF (5). {10:30}
& 6 Turn 1/8 L returning RF to center (&). Close LF next to RF (6). {9:00}
& 7 Turn 1/8 L stepping out to R on RF (&). Step out to L on LF (7). {7:30}
& 8 Turn 1/8 L returning RF to center (&). Close LF next to RF (8). {6:00}

Ending

When finished with the last A, just start to playfully walk off the floor while the last of the song is playing.

Have fun!
