

Rise My Love

拍數: 32 牆數: 2 級數: Newcomer
編舞者: José Coronado (ES) - 2 December 2024
音樂: Rise - Calum Scott : (Album: Bridges)



Intro: 8 counts - without tags or restarts

Step sheet by: J.J. Vara (Catalonian-Spain)

ROCK RIGHT & STEP LEFT, CROSS PASS CROSS RIGHT, PIVOT 1/4 LEFT, SHUFFLE AND PIVOT 1/2 LEFT.

Start with your feet together (12:00 o'clock).

- 1-2- Rock to the right with the right foot. Step in place with the left foot (Left Step).
- 3-4- Cross the right foot in front of the left foot doing a Shuffle.
- 5-6- Rock with the left foot turning 1/4 turn to the left (9:00 o'clock) and right step.
- 7-8- Shuffle turning 1/2 turn left with left foot (3:00 o'clock).

ROCK RIGHT & STEP LEFT, COASTER STEP RIGHT. ROCK LEFT & STEP RIGHT, COASTER STEP LEFT.

- 9-10- Rock in front with the right foot. Step in place with your left foot.
- 11-12- Coaster Step with the right foot
- 13-14- Rock in front with his left foot. Step into place with your right foot.
- 15-16- Coaster Step with left foot.

SHUFFLE, STEP LEFT & PIVOT 1/4 RIGHT. CROSS PASS CROSS LEFT. ROCK RIGHT & STEP LEFT.

- 17-18- Shuffle forward with right foot.
- 19-20- Step forward with the left foot and turn 1/4 turn to the right (6:00 o'clock).
- 21-22- Cross the left foot in front of the right foot doing a Shuffle.
- 23-24- Rock on the right with the right foot. Step in place with your left foot.

SAILOR STEP RIGHT. SAILOR STEP & PIVOT 1/2 LEFT. STEP RIGHT & PIVOT 1/2 LEFT. STOMP RIGHT, STOMP LEFT.

- 25-26- Sailor Step with the right foot.
- 27-28- Sailor Step turning 1/2 turn to the left with the left foot (12:00 o'clock).
- 29-30- Step forward with the right and 1/2 turn (6:00 o'clock).
- 31-32- Right Stomp and Left Stomp.

Starting over.

ENDING: Final sequence after the Stomp: SLIDE RIGHT & TOUCH LEFT.

At the end of the dance, after steps 31-32, the right foot is moved to the right and the left foot is approached in a Touch.

RISE MY LOVE

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