

# Ready To Rise

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 2      級數: Absolute Beginner  
編舞者: Sherry Kemp (USA) - January 2025  
音樂: Rise - Calum Scott



Begin on lyrics "staring" approx 9th count

**Walk forward x3, touch, walk back x3, touch**

1-4            Walk forward R, L, R, Lf touch  
5-8            Walk back L, R, L, Rf touch

**Vine right, hips L, R, L, R**

1-4            Rf step right, Lf behind, Rf step right, Lf touch ( option: ct 1-4 arms cross opening to shoulder height )  
5-8            Lf step left with hip sway L, R, L, R ( option: ct 5-6 arms raise up with L, R sways and 7,8 arms lower on L, R sways )

**Vine left, vine 1/4 right**

1-4            Lf step left, Rf behind, left step left, Rf touch  
5-8            Rf step right, Lf behind, Rf step 1/4 right, Lf touch

**Rock forward, recover, step back, touch, rock forward, recover, step back, step together\***

1-4            Lf step forward, Rf step in place, Lf step back, Rf touch (option: ct 1 raise arms forward chest height and back on 2)  
5-8            Rf step forward, Lf step in place, Rf step back, Lf step together  
( option: ct 5 raise arms chest height and back on 6 )

Huge fan of Calum Scott's music ☐

This dance was created to compliment our favored Beginner level version and to offer basic level dancers expanded purpose for the music with split floor social dancing option also.

Please copy in full format and make no alterations.

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