

Rise

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Lyn Dal Molin
音樂: All Rise - Blue



Sequence: AAB, TAG, AAB, AB BB

PART A

- 1-2 Rock forward on right, rock back on left
3&4 Full turn right stepping right, left, right
5-6 Rock forward on left, rock back on right
7&8 Step back on left, step right next to left, cross left over right (left coaster cross)
- 1&2 Shuffle to the right, right, left, right
3-4 Rock back on left make a ¼ turn left, rock forward on right
5-6 Make a full turn right stepping left foot back, step forward on right
7&8 Shuffle forward left, right, left
- 1-2 Step forward on right, twist both heels to right
3-4 Twist heels to center, step forward on left
5-6 Pivot ½ turn right weight on right, step forward on left
7&8 Lock right foot behind left, weight on right, step left forward make a ¼ turn left step right to side as you kick left foot out to left side
- 1&2 Step left behind right, step right to right side, step left to left side
3&4 Step right behind left, step left to left side, step right to right side
5-6 Cross left behind right unwind ½ turn left
&7&8 Jump feet apart right, left jump in right, left

PART B

- &1&2&3&4 Applejacks, left, right, left, right
5-6 Kick right leg forward, kick right leg out to right side
7&8 ½ Turn right triple step right, left, right
- 1-2 Kick left leg forward, kick left leg out to left side
3&4 ½ Turn left triple step left, right, left
5&6 Touch right heel at 45 degrees right, step right next to left, touch left heel out diagonally left
&7&8 Step left next to right, step right slightly forward, twist both heels to right, then center
- &1&2-3&4 Step right out to right side step left out to left side (feet apart)step right to center, cross left over right, hold, step right out to right, step left out to left side (feet apart)
&5&6&7&8 Step right next to left, cross left over right, step right to side, cross left behind right, step right to side, cross left over right, step back slightly on right, touch left heel at 45 degrees left
- &1&2&3&4 Step left next to right, cross right in front of left, step left to side, step right behind left, cross right in front of left, step left slightly back, touch right heel out at 45 degrees right