

Rise 'n' Shine

拍數: 64 牆數: 4 級數: Improver
編舞者: Gaye Teather (UK)
音樂: Wake Up Little Susie - The Everlys Experience



RIGHT SIDE HEEL STRUT, CROSS STRUT, SIDE ROCK, CROSS, HOLD

1-2 Step right heel to right side, drop right toe to floor
3-4 Cross left heel over right foot, drop left toe to floor
5-8 Rock right to right side, recover onto left, cross right over left, hold

LEFT SIDE HEEL STRUT, CROSS STRUT, SIDE ROCK, CROSS, HOLD

1-2 Step left heel to left side, drop left toe to floor
3-4 Cross right heel over left foot, drop right toe to floor
5-8 Rock left to left side, recover onto right, cross left over right, hold

SIDE, CLOSE, BACK, HOLD, SIDE, CLOSE QUARTER TURN LEFT, HOLD

1-4 Step right to right, step left beside right, step back on right, hold
5-6 Step left to left side, step right beside left
7-8 Turn quarter left stepping forward left, hold (facing 9:00)

SIDE, CLOSE, BACK, HOLD, COASTER STEP, HOLD

1-4 Step right to right side, step left beside right, step back on right, hold
5-8 Step back on left, step right beside left, step forward on left, hold

STEP, HALF TURN LEFT, STEP, HOLD, TRIPLE FULL TURN RIGHT, HOLD

1-4 Step forward on right, pivot half turn left, step forward on right, hold
5-8 Triple full turn right stepping left, right, left (traveling slightly forward) (facing 3:00)

Option: steps 5-8 can be replaced with a left lock step forward

SIDE, TOUCH, QUARTER LEFT, TOUCH, QUARTER LEFT, TOUCH, SIDE, TOUCH

1-2 Step right to right side, touch left toe slightly behind right foot
3-4 Turn quarter left stepping left to left, touch right toe slightly behind left foot
5-6 Turn quarter left stepping right to right side, touch left toe slightly behind right foot
7-8 Step left to left side, touch right toe slightly behind left foot (facing 9:00)

RIGHT CROSS ROCK, SIDE, HOLD, LEFT CROSS ROCK, SIDE, HOLD

1-4 Cross rock right over left, recover onto left, step right to right side, hold
5-8 Cross rock left over right, recover onto right, step left to left side, hold

CROSS, BACK, SIDE, HOLD, CROSS, SIDE, CROSS, HOLD

1-4 Cross right over left, step back on left, step right to right side, hold
5-8 Cross left over right, step right to right, cross left over right, hold

REPEAT