

Rise

拍數: 32 牆數: 1 級數:
編舞者: Steven Bray
音樂: Rise - Disturbed



SHUFFLE, SHUFFLE, TAP, TAP, TAP, KICK, HITCH, STEP

1&2 Shuffle right
3&4 Shuffle left
5&6 Tap right toe forward 3 times leaning forward
7&8 Kick right forward, hitch right leg, step right forward making $\frac{3}{4}$ turn right (not taking weight)

SLIDE, SLIDE, SLIDING RONDE, SAILOR STEP

9-10 Slide right
11-12 Slide left
13-14 Ronde with left making $\frac{3}{4}$ turn while sliding forward on right
15&16 Sailor step left

MONTEREY, POINT & POINT, MONTEREY, POINT & POINT

17-18 Monterey right making a full turn
19&20 Point left to left side, hitch left, point left to right side
21-22 Monterey right making a full turn
23&24 Point right to right side, hitch right, point right to left side

PRESS, RECOVER, SHUFFLE, HOOK, TURN, STOMP, FOOT SLIDE, STOMP

25-26 (On ball of right) press right to right side, recover weight onto left
27&28 Shuffle right
29&30 Hook right behind left, make $\frac{1}{2}$ turn right on ball on left, stomp right
31&32 Slide right to right side, stomp left

REPEAT
