

Rise

拍數: 32 牆數: 2 級數: Improver - nightclub
編舞者: Daniel Trepát (NL) & Sue Wilkinson (UK)
音樂: You Raise Me Up - Westlife



STEP, DRAG, DOWN, UP, STEP, FEATHER TURN, BEHIND, CROSS

- 1 Step left foot to the side
- 2 Drag right foot towards left foot
- 3 Bend knees and move upper body down
- 4 Coming up, weight on left foot
- 5 Step right foot forward
- 6 Turn $\frac{1}{4}$ right, stepping left foot forward
- & Turn $\frac{1}{4}$ right, stepping right foot forward
- 7 Turn $\frac{1}{4}$ right, stepping left foot to the side
- 8 Step right foot behind left foot
- & Cross left foot over right foot

$\frac{1}{4}$ TURN WITH SWEEP, CROSS, $\frac{1}{4}$ TURN, $\frac{1}{4}$ TURN WITH SWEEP, CROSS, $\frac{1}{4}$ TURN, $\frac{1}{4}$ TURN, BEHIND, CROSS, SIDE, BEHIND, CROSS

- 1 Step right foot $\frac{1}{4}$ turn right and sweep left foot to the front
- 2 Cross left foot over right foot
- & Turn $\frac{1}{4}$ left, stepping right foot backwards
- 3 Step left foot $\frac{1}{4}$ turn left and sweep right foot to the front
- 4 Cross right foot over left foot
- & Turn $\frac{1}{4}$ right, stepping left foot backwards
- 5 Turn $\frac{1}{4}$ right, stepping right foot to the right
- 6 Step left foot behind right foot
- & Cross right foot over left foot
- 7 Step left foot to the side
- 8 Step right foot behind left foot
- & Cross left foot over right foot

SWAY LEFT & RIGHT, $\frac{1}{4}$ TURN, FORWARD, $\frac{3}{4}$ TURN WITH HITCH, SWAY RIGHT & LEFT, $\frac{1}{4}$ TURN, FORWARD, $\frac{3}{4}$ TURN WITH HITCH

- 1 Step right foot to the side
- 2 Sway left foot to the left
- & Sway right foot to the right
- 3 $\frac{1}{4}$ turn left, stepping left foot forward
- 4 Step right foot forward
- & $\frac{3}{4}$ turn left on right foot and hitch left, knee
- 5 Step left foot to the side
- 6 Sway to the right on right foot
- & Sway to the left on left foot
- 7 $\frac{1}{4}$ turn right, stepping right foot forward
- 8 Step left foot forward
- & $\frac{3}{4}$ turn right on left foot and hitch right, knee

RIGHT TURNING BASIC, $\frac{3}{4}$ TURN RIGHT, SIDE, FORWARD STEPS, $\frac{1}{4}$ TURN, SWAY

- 1 Step right foot to the side
- 2 Step left foot behind right foot
- & Cross right foot over left foot

- 3 Side step left foot, $\frac{1}{2}$ turn right
- 4 Step right foot forward
- & Step left foot together, $\frac{3}{4}$ turn right
- 5 Step right foot to the side
- 6 Step left foot forward
- & Step right foot forward
- 7 $\frac{1}{4}$ turn right, stepping left foot to the side
- 8 Sway right foot to the right

REPEAT

TAG

After the 4th and 6th wall

SWAY, FULL TURN LEFT, BEHIND, CROSS

- 1 Sway to the left on left foot
 - 2 $\frac{1}{4}$ turn left, stepping right foot forward
 - & $\frac{1}{2}$ turn left onto left foot
 - 3 $\frac{1}{4}$ turn left, stepping right foot to the side
 - 4 Step left foot behind right foot
 - & Cross right foot over left foot
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