

# Rise And Fall

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Paula Bilby (UK)  
音樂: Rise And Fall - Craig David & Sting



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## POINT, ROCK BACK, RECOVER, STEP ½ TURN RIGHT, TRIPLE ¾ TURN RIGHT, ROCK BACK, RECOVER, STEP

1&2      Point left toe forward, rock back on left, recover weight forward on right  
3-4      Step left forward making ½ turn right, weight ends on right  
5&6      Triple ¾ right turn in place left, right, left  
7&8      Rock right behind left, recover left in place, large step on right to right side

## ROCK BACK, RECOVER, STEP ¼ LEFT, STEP, STEP, LOCK, STEP, RECOVER, LEFT COASTER STEP

9&10      Rock left behind right, recover right in place, step left forward ¼ turn left  
11      Step forward on right  
12&13      Step forward on left, lock right behind left, step forward on left  
14      Step back on right  
15&16      Step back on left, step right next to left, step left forward

## STEP ½ TURN LEFT, POINT, CROSS, POINT, CROSS, BACK, BACK, CROSS, BACK, BACK ¼ RIGHT, TOUCH

17&18      Step right forward ½ turn left, weight on left, point right toe to right side  
19-20      Cross right over left, point left toe to left side  
21&22      Cross left over right, step back on right, step back on left  
&23      Cross right in front, step back on left  
&24      Step back on right turning ¼ right, touch left toe next to the right instep

## STEP ¼ LEFT, TURN ¼ LEFT POINT, CROSS, POINT, CROSS, BACK, SIDE, CROSS SHUFFLE

25-26      Step left forward, ¼ turn left, on ball of left foot turn ¼ left point right toe to right side  
27-28      Cross right over left, point left toe to left side  
29&30      Cross left over right, step back on right, long step on left to left side  
31&32      Cross right in front of left, step left to left side, cross right over left

## REPEAT

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