

Rise And Shine (P)

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 0 級數: Partner
編舞者: Al Ord (UK) & Sandy Ord (UK)
音樂: Happy Ever After - T. Graham Brown



Position: Man facing LOD. Lady RLOD in front and offset. Right shoulder to right shoulder, right palm to right palm

FORWARD LOCK FORWARD, FORWARD LOCK FORWARD, FORWARD LOCK FORWARD, ROCK FORWARD RECOVER / LADY: BACK LOCK BACK, BACK LOCK BACK, BACK LOCK BACK, ROCK BACK RECOVER

1&2 **MAN:** Step forward right, & lock left behind right, step forward right
 LADY: Step back right, & lock left across right, step back right
3&4 **MAN:** Step forward left, & lock right behind left, step forward left
 LADY: Step back left, & lock right across left, step back left
5&6 **MAN:** Step forward right, & lock left behind right, step forward right
 LADY: Step back right, & lock left across right, step back right
7-8 **MAN:** Rock forward left, rock back right
 LADY: Rock back left, rock forward right

On right lock steps angle body ILOD and on left lock steps angle body OLOD

MAN: BACK LOCK BACK, BACK LOCK BACK, BACK LOCK BACK, ROCK BACK RECOVER / LADY: FORWARD LOCK FORWARD, FORWARD LOCK FORWARD, FORWARD LOCK FORWARD, STEP ½ PIVOT

9&10 **MAN:** Step back left, & lock right across left, step back left
 LADY: Step forward left, & lock right behind left, step forward left
11&12 **MAN:** Step back right, & lock left across right, step back right
 LADY: Step forward right, & lock left behind right, step forward right
13&14 **MAN:** Step back left, & lock right across left, step back left
 LADY: Step forward left, & lock right behind left, step forward left
17-18 **MAN:** Rock back right, rock forward left
 LADY: Step forward right, pivot ½ turn left on left lock angle body ILOD, right lock angle OLOD

On pivot raise right over lady's head and keep raised

FORWARD SHUFFLE ½ TURN TWICE, FORWARD LOCK FORWARD TWICE (BOTH STEPS ARE THE SAME)

17&18 Forward right shuffle making ½ turn left
19&20 Forward left shuffle making further ½ turn left
21&22 Step forward right, & lock left behind right, step forward right
23&24 Step forward left, & lock right behind left, step forward left

Keep right hand raised on shuffle turns and take over lady's on lock step to hold in front at hip height

ROCK ¼ & CROSS, SIDE ROCK & CROSS, SIDE BEHIND SHUFFLE FORWARD ¼ TURN (BOTH STEPS ARE THE SAME)

25&26 Rock onto right making ¼ turn to ILOD, & step left beside right crossing right over left (¼ turn scissor step)
27&28 Rock left to left side, & step right beside left crossing left over right (scissor step)
29-30 Step right to right side, step left behind right
31&32 Right side shuffle making ¼ turn right to LOD

On rock ¼ turn, hold right only in Reverse Indian at hip. On shuffle take right hand over lady's head to hip height

ROCK ¼ & CROSS, SIDE ROCK & CROSS, SIDE BEHIND SHUFFLE FORWARD ¼ TURN (BOTH STEPS ARE THE SAME)

- 33&34 Rock onto left making ¼ turn to OLOD, & step right beside left crossing left over right (¼ turn scissor step)
- 35&36 Rock right to right side, & step left beside right crossing right over left (scissor step)
- 37-38 Step left to left side, step right behind left
- 39&40 Left side shuffle making ¼ turn left to LOD

On shuffle take right hand over lady's head and lower in front to hip height

TRAVELING SIDE ROCK & CROSS TWICE, MAN: STEP FORWARD ½ PIVOT TOUCH RIGHT / LADY: SIDE LEFT TOUCH RIGHT

- 41&42 Rock right diagonally forward & step left beside right crossing right over left (both steps are the same)
- 43&44 Rock left diagonally forward & step right beside left crossing left over right (both steps are the same)
- 45&46 Rock right diagonally forward & step left beside right crossing right over left (both steps are the same)
- 47-48 **MAN:** Step forward left pivoting ½ turn right on left, touch right beside left
LADY: Step big step left to left side, touch right beside left

On pivot raise right hands back to shoulder height palm to palm as for start of dance. Lady now facing LOD. Man now facing RLOD

- 49-96 Repeat steps 1-48 but with man and lady in reverse roles. Man facing RLOD and moving back

REPEAT

TAG

Jo Lo track requires a 4 count hold after step 48 (man's pivot touch) on 3rd sequence of dance
