

# Rise And Shine (P)

COPPERKNOB  
BY STEPHEN BRETTS

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**

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