

# All Rise

拍數: 0      牆數: 0      級數:  
編舞者: Freaky Legs (UK)  
音樂: All Rise - Blue



Sequence: AAB, TAG, AA, B, C, B to end

## PART A

### WALKS FORWARD, KICK POINTS, CROSS UNWIND

1-2            Step right foot forward, step left foot forward  
3&4           Kick right foot forward, place right foot next to left, point left foot to side  
5&6           Kick left foot forward, place left foot next to right, point right foot to side  
7-8           Cross right foot over left, unwind half turn left

### WEAVE RIGHT, ¼ LEFT, COASTER, SHUFFLE FORWARD

1-2            Step right to right side, cross left behind right  
&3            Step right to right side, cross left in front of right  
4            Step right to right side making a ¼ turn over left shoulder  
5&6           Step left back, close right beside left, step left forward  
7&8           Step forward right, bring left up behind right, step right forward

### WALKS FORWARD, KICK POINTS, CROSS UNWIND

1-2            Step left foot forward, step right foot forward  
3&4           Kick left foot forward, place left foot next to right, point right foot to side  
5&6           Kick right foot forward, place right foot next to left, point left foot to side  
7-8           Cross left foot over right, unwind half turn right

### WEAVE RIGHT, ¼ RIGHT, COASTER, SHUFFLE FORWARD

1-2            Step left to left side, cross right behind left  
&3            Step left to left side, cross right in front of left  
4            Step right to left side making a ¼ turn over right shoulder  
5&6           Step right back, close left beside right, step right forward  
7&8           Step forward left, bring right up behind left, step left forward

## PART B

### KICKBALL CHANGE, OUT OUT, HOLD, SCUFF, HEEL PUMPS

1&2           Kick right foot forward, ball change bringing feet slightly apart stepping right, left  
3&4           Step right to right side, step left to left side, hold  
5-6           Bring right back to left as you scuff towards your right, hold your foot toe touching the ground ready to bounce the heel  
7&8           Drop right heel to ground then raise three times leaving weight pressed down on right

### PRESS KICK BEHIND AND CROSS TWICE, PIVOT ½ RIGHT

1-2           Recover weight onto left as you low kick right foot out, step right behind left  
&3           Step left to left side, and cross right over left  
4-5           Lean weight to left side onto ball of left foot, recover weight onto right as you low kick left foot out  
6&7           Cross left behind right, step right to right side, step left forward  
8            Pivot ½ turn right

### KICKBALL CHANGE, OUT OUT, HOLD, SCUFF, HEEL PUMPS

1&2           Kick right foot forward, ball change bringing feet slightly apart stepping right, left

- 3&4 Step right to right side, step left to left side, hold
- 5-6 Bring right back to left as you scuff towards your right, hold your foot toe touching the ground ready to bounce the heel
- 7&8 Drop right heel to ground then raise three times leaving weight pressed down on right

**PRESS KICK BEHIND AND CROSS TWICE, PIVOT ½ RIGHT**

- 1-2 Recover weight onto left as you low kick right foot out, step right behind left
- &3 Step left to left side, and cross right over left
- 4-5 Lean weight to left side onto ball of left foot, recover weight onto right as you low kick left foot out
- 6&7 Cross left behind right, step right to right side, step left forward
- 8 Pivot ½ turn right

**PART C**

**STEP BACK, SHUFFLE, SKATES, SHUFFLE**

- 1-2 Step back right, step back left
- 3&4 Step right forward, bring left behind right, step right forward
- 5-6 Step left in place swiveling heel to left on ball of left slightly lifting up right, step right in place swiveling heel to right on ball of right slightly lifting up left foot
- 7&8 Step left forward, bring right behind left, step left forward

**CROSS UNWIND, MAMBO'S, WALK WALK**

- 1-2 Cross right over left, unwind ½ left
- 3&4 Rock right forward, recover, step right back next to left
- 5&6 Rock left back, recover, step left back next to right
- 7-8 Step right foot forward, step left foot forward

**MAMBO'S, ROCK FORWARD BACK, ½ TURNING RIGHT SHUFFLE**

- 1&2 Rock right to right side, recover, step right back next to left
- 3&4 Rock left to left side, recover, step left back next to right
- 5-6 Rock right forward, recover
- 7&8 Step right foot ½ turn right, step left foot beside right foot, step right foot forward

**POINT HOLD, POINT HOLD, WALK, WALK, SHUFFLE**

- 1-2 Point left to left side, hold
- &3-4 Switch weight and point right to right side, hold
- &5-6 Center weight, step left foot forward, step right foot forward
- 7&8 Step left foot forward, step right foot beside left foot, step left foot forward

**TAG**

**ROCK FORWARD BACK, COASTER TWICE**

- 1-2 Rock right forward, recover
- 3&4 Step right back, close left beside right, step right forward
- 5-6 Rock left forward, recover
- 7&8 Step left back, close right beside left, step left forward

**Every time the words 'I rest my case' are said, which will only happen at the end of B, instead of doing the pivot half right, kick forward right. The dance ends with this kick forward, and looks great with attitude!**

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