

All Rise!

拍數: 0 牆數: 0 級數:
編舞者: Charlene Becky (UK)
音樂: All Rise - Blue



Sequence: AAB, AA, BRIDGE, BA, B to end. A is the Verse. B is the chorus

PART A

FORWARD RIGHT, LEFT, RIGHT SAILOR, BACK LEFT, RIGHT, LEFT SAILOR

1-2 Step forward right, step forward left
3&4 Cross right behind left, step left to left, step right in place
5-6 Step back left, step back right
7&8 Cross left behind right, step right to right, step left in place

STEP SIDE TOGETHER, CROSS UNWIND ½ LEFT WITH HEEL BOUNCES TWICE

9-10 Step right to right, step left beside right
11&12 Cross right over left, unwind ½ turn left raising and lowering heels twice
13-14 Repeat counts 9-10
15&16 Repeat counts 11 & 12

STEP FORWARD TOGETHER, KICK-BACK-TOGETHER, KICK-BACK-TOGETHER, RIGHT SHUFFLE FORWARD

17-18 Step forward right, step left beside right
19&20 Kick right forward, step back onto right, step left beside right
21&22 Repeat counts 19 & 20
23-24 Step forward right, close left beside right, step forward right

WALK, WALK, SIDE ROCK AND TOGETHER, WALK, WALK, SIDE ROCK AND TOUCH

25-26 Step forward left, step forward right
27&28 Rock side left, recover onto right, step left beside right
29-30 Step forward right, step forward left
31&32 Rock side right, recover onto left, touch right next to left

PART B

BACK TOGETHER, STEP PIVOT ½ STEP, FORWARD TOGETHER, STEP PIVOT ½ STEP

1-2 Step back right, step left next to right
3&4 Step forward right, pivot ½ turn left, step forward right
5-6 Step forward left, step right next to left
7&8 Step forward left, pivot ½ turn right, step forward left

BODY ROLL, COASTER STEP, BODY ROLL, TRIPLE STEP ½ TURN RIGHT

9-10 Body roll up
11&12 Step back left, step right next to left, step forward left
13-14 Body roll up
15&16 Triple step ½ turn right stepping right, left, right

SIDE TOUCH, SIDE, TOGETHER, FORWARD, SIDE, TOUCH, SIDE, TOGETHER, BACK

17-18 Step left to left, touch right next to left,
19&20 Step right to right, step left next to right, step forward right
21-22 Step left to left, touch right next to left
23&24 Step right to right, step left next to right, step back right

DIP DOWN AND UP, TOUCH, TOUCH, STEP BACK, DIP DOWN AND UP, TOUCH IN, OUT, IN

- 25-26 Dip knees down and back up transferring weight forward onto left foot
27&28 Touch right behind left, touch right back to right diagonal, step right slightly behind left
29-30 Dip knees down, straighten knees transferring weight forward onto left
31&32 Touch right behind left, touch right back to right diagonal, touch right next to left

BRIDGE

SIDE RIGHT TOGETHER, SHUFFLE FORWARD, SIDE LEFT, TOGETHER, SHUFFLE BACK

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