

# 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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