

Rise & Fall

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Masters In Line (UK) - June 2007
音樂: Rise & Fall (feat. Sting) - Craig David



Count in: Start 32 counts from Start of Track when beat kicks in

- 1-8 STEP FORWARD, ½ TURN BACK LOCK, SWEEP, BEHIND SIDE CROSS ROCK, ¼ , ½, ¼ SIDE**
- 1,2& Step forward on left foot, make a ½ turn left and step back on right foot, lock left foot over right foot
- 3,4& Step back on right foot and sweep left foot back, cross left foot behind right foot, step right foot to right side
- 5,6& Cross rock left foot over right foot, recover weight onto right foot, make a ¼ turn left and step forward on left foot
- 7,8 Make a ½ turn left and step back on right foot, make a ¼ turn left and step left foot to left side
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- 9-16 STEP FORWARD, ½ TURN BACK LOCK, SWEEP, BEHIND SIDE CROSS, ROCK ¼ , ½, ½**
- 1,2& Step forward on right foot, make a ½ turn right and step back on left foot, lock right foot over left foot
- 3,4& Step back on left foot and sweep right foot back, cross right foot behind left foot, step left foot to left side
- 5,6& Cross rock right foot over left foot, recover weight onto left foot, make a ¼ turn right and step forward on right foot
- 7,8 Make a ½ turn right and step back on left foot, make a ½ turn right and step forward on right foot
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- 17-24 SIDE, BEHIND SIDE CROSS ROCK, BACK & ROCK, BACK & CROSS UNWIND SWEEP.**
- 1 Step left foot to left side
- 2&3 Cross right foot behind left foot, step left foot to left side, cross rock right foot over left foot
- 4&5 Recover weight back onto left foot, step right foot to right side, cross rock left foot over right foot
- 6&7 Recover weight back onto right foot, step left foot to left side, cross right foot over left foot to face left diagonal (2.00)
- 8 On one count unwind a full turn left and sweep left foot back (no weight) to end up back facing left diagonal (2.00)
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- 25-32 STEP BACK, BACK ½ TURN SIDE, BEHIND SWEEP BEHIND ¼, ROCK & ½, ¾ TURN**
- 1 Step back on left foot still facing diagonal
- 2&3 Step back on right foot, make a ½ turn left and step forward on left foot still on diagonal now facing (7.00), step right foot to right side to square up to 6.00
- 4&5 Cross left foot behind right foot and sweep right foot back, cross right foot behind left foot, make a ¼ turn left and step forward on left foot
- 6&7 Rock forward on right foot, recover weight onto left foot, make a ½ turn right and step forward on right foot
- 8& Make a ½ turn right and step back on left foot, make a ¼ turn right and step right foot to right side.

END OF DANCE

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