

Rise & Shine!!

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Colin B. Smith (UK) - September 2009
音樂: Wake up Wake Up - Dave Sheriff : (Album: Overworked & Underpaid)



Section 1: Shuffle forward, mambo forward, shuffle back, mambo back

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

Section 2: Heel jacks X2, ¼ turn hitch, ½ turn hitch, shuffle forward

&9 Step diagonally back on right, dig left heel forward
&10 Step left in place, cross right over left
&11 Step diagonally back on left, dig right heel forward,
&12 Step right in place, cross left over right
13& Make ¼ turn left stepping right back, hitch left,
14& make ½ turn left stepping left forward, hitch right
15&16 Step right forward, step left beside right, step right forward

Section 3: Rumba box, shuffle ½ turn, shuffle forward

17&18 Step left to left, close right next to left, step left forward
19&20 Step right to right, close left next to right, step right back
21&22 Make ½ turn to left stepping left, right, left
23&24 Step right forward, close left next to right, step right forward

Section 4: Side rock & cross X2, ¼ turn hitch, ½ turn hitch, mambo forward

25&26 Rock left to left, recover on to right, cross left over right
27&28 Rock right to right, recover on to left, cross right over left
29& Make ¼ turn to right stepping left back, hitch right
30& Make ½ turn to right stepping right forward, hitch left
31&32 Rock forward on left, recover on right, step left beside right.

THATS ALL! NO TAGS OR RE-STARTS! IT WILL EVEN FINISH FACING THE FRONT!

(I hope you enjoy dancing this, we have had a good laugh dancing it!)

Thanks a lot for looking at it

Happy dancing!

Colin B. Smith