

Rise Up

COPPER **NOB**
STEPSHEETS

拍數: 32 牆數: 4 級數: Newcomer / Beginner
編舞者: Sandy Gorez (BEL) & Martine Saelens (BEL) - December 2010
音樂: Rise Up (Radio Mix) (feat. Chance) - Sun Kids



Intro : 64 counts

OUT, OUT, IN, IN, STEP ½ TURN

- 1 RF step diagonally forward R (out)
- 2 LF step diagonally forward L (out)
- 3 RF step back (in)
- 4 LF step back (in)

(Arm styling : turn both hands in a circular movement CW starting from bottom left, finishing top right on 1, top left on 2, bottom right on 3, bottom left on 4).

- 5 RF step forward
- 6-8 ½ turn left on 3 counts moving shoulders with style (finishing weight on RF)

STEP L, TOUCH, STEP R, TOUCH, STEP L, MODIFIED MONTEREY ½ TURN, ROCK STEP L

- 9 LF step left
- 10 RF touch diagonally forward left
- 11 RF step right
- 12 LF touch diagonally forward right
- 13 LF step left
- 14 ½ turn right stepping RF beside LF
- 15 LF rock left
- 16 RF recover

WEAVE RIGHT, SCUFF-HITCH, STRUT BACKWARDS, KICK

- 17 LF step behind RF
- 18 RF step right
- 19 LF step in front of RF
- 20 RF step right
- 21 LF scuff with hitch back
- 22 LF touch toe back
- 23 LF drop heel
- 24 RF kick forward

ROCK STEP BACK, PIVOT ½ TURN, STEP FWD, HITCH, ¼ TURN, STEP L, HITCH

- 25 RF rock back
- 26 LF recover
- 27 RF step forward
- 28 ½ turn left, LF step forward
- 29 RF step forward
- 30 LF hitch knee
- 31 ¼ turn left, LF step left
- 32 RF hitch knee