

Rise Above

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - September 2011
音樂: Rise Above 1 (feat. Bono and The Edge) - Reeve Carney : (Single - 3:52)



Starts After 32 Counts.

Press, Back, Back, Back, Coaster Step. Rock Step, 1/2, 1/2, 1/4.

- 1 Press forward on Left. (rising up on ball & lifting Right off floor behind).
- 2&3 Run back Right-Left-Right.
- 4&5 Step back on Left, step Right next to Left, step forward on Left.
- 6-7 Rock forward on Right, recover Left.
- 8&1 Make 1/2 turn to Right stepping forward on Right, 1/2 turn Right stepping back on Left, 1/4 turn Right stepping Right to Right side.

Rock & Side, Behind, 1/4, 1/4, Rock & 1/4, 1/2.

- 2&3 Cross rock Left behind Right, recover on Right, step Left to Left side.
- 4&5 Cross step Right behind Left, make 1/4 turn to Left stepping forward on Left, 1/4 Left stepping Right to Right to Right side.
- 6&7 Cross rock Left behind Right, recover on Right, make 1/4 turn to Right stepping back on Left.
- 8 Make 1/2 turn to Right stepping forward on Right. **R**

Step, Step 1/2, 1/4, Behind & Rock Step, & Step, Run, Run, Run.

- 1 Step forward on Left.
- 2&3 Step forward on Right, pivot 1/2 turn to Left, 1/4 turn to Left stepping Right to Right side.
- 4&5 Cross step Left behind Right, step Right to Right side, cross rock Left over Right.
- 6&7 Recover on Right, step Left to Left side, step forward on Right.
- 8&1 Run forward Left-Right-Left.

Mambo Step, Rock & 1/4, Sailor 1&1/4.

- 2&3 Rock forward on Right, recover on Left, step back on Right.
- 4&5 Cross rock Left behind Right, recover on Right, make 1/4 turn to Right stepping back on Left.
- 6&7 Make 1/4 turn to Right stepping Right behind Left, step Left next to Right, 1/2 turn to Right stepping forward on Right.
- &8 Step Left next to Right, make 1/2 turn to Right stepping forward on Right. (sailor 1&1/4)

****R** - Restart: Wall 3 & Wall 6**

Dance Up To & Including Count 8 (16) Section 2.. Then Restart Dance From Beginning Facing Front.