

Rise To The Occasion

拍數: 64 牆數: 2 級數: Improver
編舞者: Lorna Mursell (UK) & Adrian Helliker (FR) - October 2012
音樂: Rise to the Occasion - Kurt Nilsen



Intro: 16 Counts Into The Track Start Dancing On The Main vocals

[1-8] TOUCH, ¼ TURN RIGHT KICK FORWARD, COASTER STEP, SKATE, FORWARD SHUFFLE

1-2 Make a ¼ turn to right point right beside of left, kick right forward
3&4 Step right back, step left next to right, step right forward
5-6 Skate forward on left, skate forward on right
7&8 Step forward on left, step right beside left, step forward on left

[9-16] SIDE, TOG, SIDE, TOG SIDE, CROSS, ROCK, SHUFFLE ½ TURN LEFT

1-2 Step right to side, left beside right
3&4 Step right to side, left beside right, step right to side
5-6 Rock of left forward, recover onto right
7&8 Shuffle ½ turn left stepping, (Left-Right-Left)

[17-24] WALK RIGHT, WALK LEFT, RIGHT KICKBALL CROSS X 2, ROCK, RECOVER

1-2 Walk right, walk left
3&4 Kick right forward, step right beside left, cross left over right
5&6 Kick right forward, step right beside left, cross left over right
7-8 Rock right to right side, recover onto left

[25-32] COASTER STEP, WALK, WALK, VINE LEFT ¼ TURN,

1-2 Step right back, left beside right, right forward taking weight on right
3&4 Step left forward, step right forward
5-6 Step left to left side, cross right behind left
7-8 Make ¼ turn left stepping left forward, touch right beside left

[33-40] KNEE TURN, KICKBALL CHANGE, FORWARD ROCK, COASTER STEP.

1-2 Touch Right Toe To Side Swivel Right Knee To Left Side, Swivel Right Knee Side
3&4 Kick Right Forward, Step Right Beside Left, Step Left Beside Right
5-6 Rock right Forward, Recover onto left
7&8 Step right Back, Step left Tog, Step right Forward

[41-48] FORWARD ROCK, COASTER STEP, SHUFFLE FORWARD X2

1-2 Rock of left forward, recover onto right
3&4 step left back, right beside left, left forward
5&6 shuffle forward, (Right-Left-Right)
7&8 shuffle forward, (Left-Right-Left)

[49-56] RIGHT ROCKING CHAIR, KICK BALL POINT x 2

1-2 Rock right forward, recover onto left
3-4 Rock right back, recover onto left
5&6 Kick right forward, right foot beside left, point left to left side
7&8 Kick left forward, left foot beside right, point right to right side

[57-64] ROCK & RECOVER, COASTER STEP X2

1-2 Rock of right forward, recover onto left
3&4 Step right back, left beside right, right forward

5-6
7&8

Rock of left forward, recover onto right
Step left back, right beside left, left forward
