

# Rise & Shine

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Simon Ward (AUS) - August 2012  
音樂: Rise & Shine - Si Cranstoun : (Album: Rise & Shine Single. - iTunes)



Notes: 16 count tag at the end of walls 2, 4 & 6

Dance starts on vocals, Dance finishes on count 37 (stomp right fwd with hands out to side)

**[1-8] Rock back, Recover, ¼ turn, Brush, L fwd, Pivot ½ R, L fwd, Brush**

1-2            Rock/step right behind left turning body slightly right, Recover weight onto left  
3-4            Step right slightly to right turning ¼ turn right, Brush left forward  
5-6            Step left forward, Pivot ½ turn right taking weight onto right  
7-8            Step left forward, Brush right foot forward

**[9-16] Right lock/step fwd, Brush, Left lock/step fwd, Brush**

1-2            Step right forward, Lock/step left behind right  
3-4            Step right forward, Brush left foot forward  
5-6            Step left forward, Lock/step right behind left  
7-8            Step left forward, Brush right foot forward

**[17-24] R fwd, Pivot ¼ turn, Cross, Hold, ¼ turn R, ¼ turn R, Cross, Hold**

1-2            Step right forward, Pivot ¼ turn left taking weight onto left  
3-4            Cross/step right over left, Hold  
5-6            Step left to left turning ¼ turn right, Step right back turning ¼ turn right  
7-8            Cross/step left over right, Hold

**[25-32] Side, Recover, Weave ¼ turn L, R fwd, Pivot 3/8 left**

1-2            Rock/step right to right side, Recover weight onto left  
3-4            Cross/step right over left, Step left to left side  
5-6            Step right behind left, Step left to left side turning ¼ turn left  
7-8            Step right slightly forward, Pivot 3/8 turn left taking weight onto left

**[33-40] R fwd, Hold, L fwd, Hold, Fwd, Recover, Side, Recover**

1-2            Step right forward, Hold  
3-4            Step left forward, Hold  
5-6            Rock/step right forward, Recover weight onto left  
7-8            Rock/step right to right side, Recover weight onto left

**[41-48] Coaster Step, Brush, L fwd, Pivot 3/8 turn right, Cross, Kick**

1-2            Step right back, Step left beside right  
3-4            Step right forward, Brush left foot forward  
5-6            Step left forward, Pivot 3/8 turn right taking weight onto right  
7-8            Cross/step left over right, Kick right to right side (turning body slightly right)

**[49-56] R Side, Hitch, L Cross, Kick, R Side, Hitch, L Cross, Hitch**

1-2            Step right slightly to right, Hitch left knee slightly across right  
3-4            Cross/step left over right, Kick right to right side  
5-6            Step right slightly to right, Hitch left knee slightly across right  
7-8            Cross/step left over right, Hitch right knee

**[57-64] Side, Recover, Cross, Hold, ¼ turn R, ¼ turn R, Cross, Kick**

1-2            Rock/step right to right side, Recover weight onto left  
3-4            Cross/step right over left, Hold

5-6 Step left to left turning  $\frac{1}{4}$  turn right, Step right back turning  $\frac{1}{4}$  turn right  
7-8 Cross/step left over right, Kick right at 45 deg right

## RESTART

**Tag: Finish dance with a hold in place of the kick at 45 deg to start tag.**

**2 x Monterey turns, Step drag, Twist heels with kick**

1-4 Point right toe to right, Step right beside left turning  $\frac{1}{2}$  turn right, Point left toe to left, Step left beside right

5-8 Repeat above 4 counts touching left beside right on count 8

9-12 Large step left dragging right beside left for 3 counts

13-16 Twist heels, right, left, right, left kicking right at 45 deg turning body slightly right to restart

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