

# All Rise 'n' Dance

COPPER KNOB  
STEPPERS

拍數: 72                      牆數: 2                      級數: Phrased Intermediate  
編舞者: Mary E Richardson (SCO) - 2013  
音樂: All Rise - Blue



## 32 Count Intro

Danced In 2 Parts A & B – With 8 Count Tag on 3rd Wall Facing Back

### (A) - 32 counts

#### Section 1 – Walk- walk – Rock & Cross – Syncopated Weave – Rock & Cross

1 2                      Walk forward on right, walk forward on left  
3&4                    Step right to right side, rock onto left foot, cross right over left  
5&                      step left to left side, step right behind left  
6&                      step left to left side, cross right over left  
7&8                    step left to left side, rock onto right in place, cross left over right

#### Section 2 - Long Step Right Side – Slide Left To Right – (Shimmy) Kick Ballchange – Long Step Right side – Slide Left To Right, Coaster Step ¼ Turn Right

1 2                      Take a long step right to right side, slide left up next to right  
3&4                    Kick right forward, step ball of foot next to left, step left in place  
5 6                      Take a long step right to right side, slide left up next to right  
7&8                    Step back right making ¼ turn right, step left beside right, step right forward

#### Section 3 - Step Cross – Side Touch – Step Cross – Step Back – Step left in place – Step Cross – Side Touch – Step Cross – Step Back – Step Left in Place

1 2                      Step left across right, touch right out to right side  
3&4                    Cross right over left, step left back, step right in place  
5 6                      Step left across right, touch right out to right side  
7&8                    cross right over left, step left back, step right in place

#### Section 4 – Shuffle Back x2 – Step Back – Step Forward ¼ Turn Right – Shuffle Forward

1&2                    Shuffle back left, right, left  
3&4                    Shuffle back right, left, right  
5 6                      Step left back, step forward right making ¼ turn right  
7&8                    Shuffle forward, left, right, left

#### Tag Danced at the end of 3rd Wall Facing Back Wall.

1&2                    Shuffle forward right, left, right  
3&4                    Shuffle forward, left, right, left  
5&6                    Shuffle forward right, left, right  
7&8                    Shuffle forward left, right, left.

### (B) - 40 counts

Starts On 7th Wall) Is danced only once facing front

#### Walk Walk, Rock & Cross -Syncopated Weave – Rock & Cross

1 2                      Walk forward on right, walk forward on left  
3&4                    Step right to right side, rock onto left foot, cross step right over left  
5&                      Step left to left side, step right behind left  
6&                      Step left to left side, cross step right over left  
7&8                    Step left to left side, rock onto right, cross step left over right

#### Walk Forward x3 & Touch Heel Forward – Walk Back x3 Heel Touch

1 2 3 4                Walk forward, right, left, right, Touch left heel forward

5 6 7 8 Walk back, left, right, left, touch right heel Forward

**Walk Forward x 3 -Touch Heel Forward – Walks Backward x3 – Heel Touch**

1 2 3 4 Walk forward, right, left, right, touch left heel forward

5 6 7 8 Walk backward left, right, left, touch right heel forward

**Ball change - Step -Heel Touch Diagonal Forward – Ball change – Step – Heel Touch – Diagonal Forward – Syncopated Jazz Box**

&1&2 Step right slightly behind left, step left in place, touch left heel out to left diagonal

&3&4 Step left slight behind right, step right in place, touch right heel out to right diagonal

&5 6 7 8 Step right , cross left over right, step back left, step left to left side, close right to left

**Ball change – Step -Heel Touch Diagonal Forward – Ball change – Step - Heel Touch – Diagonal Forward – Syncopated Jazz Box**

&1&2 Step right slightly behind left, step left in place, touch left heel out to left diagonal

&3&4 Step left slightly behind right, step right in place, touch right heel out to right diagonal

&5 6 7 8 Step right, cross left over right, step back left, step left to left side, close right to left

**Restart from Beginning . Section ( A) Until End of Music**

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