

Born To Rise

拍數: 32 牆數: 2 級數: Improver
編舞者: Richard Palmer (UK) & Lorna Dennis (UK) - September 2013
音樂: Top of the World - Bridgit Mendler



Alternative country track: Desperately by George Strait

Section 1: Funky walks forward, mambo step, hitch steps back, 1/4 turning sailor step

- 1-2 Walk forward right (slightly crossing right over left), walk forward left (slightly crossing left over right)
- 3&4 Rock forward on right foot , recover on left, step right foot back
- &5&6 hitch left knee, step back on left foot back, hitch right knee, step right foot back,
- 7&8 Sweep left foot behind right making 1/4 to left as you step down, step right to right side, step left across right.

Section 2: Rock right side and Cross, Rock across, side step, touch in, out, in, hitch, 1/4 turning left coaster step

- 1&2 Rock right to side, recover weight onto left, Cross right over left
- &3 Step left to left side, cross rock right over left
- &4 Recover weight onto left, step right to side
- 5&6& Touch left next to right, touch left out to side, Touch left next to right, hitch left knee
- 7&8 Sweep left behind right making 1/4 as you step back on left, step right next to left, step left foot forward

(Restart here on wall 3)

Section 3: Walk, walk, mambo forward, heel swivels, toes, heels, toes

- 1-2 Walk forward right, walk forward left
- 3&4 Mambo forward onto right foot, recover weight onto left, step right next to left
- 5-6 Swivel heels right, swivel heels left
- 7&8 Swivel toes to left, swivel heels to the left, swivel toes to left (center)

Section 4: Rock right diagonally back, step right, rock left diagonally back recovering making a 1/4 turn, walk 3/4 turn round

- 1&2 Cross rock right behind left, recover weight on left, step right to right side
- 3&4 Cross rock left behind right, recover weight onto right making 1/4 turn to left, stepping down on left
- 5-6 Making 1/4 turn left step right foot forward, making 1/4 turn left step left foot forward,
- 7-8 Making 1/4 turn left step right foot forward, step left foot forward

Start dance again and enjoy

Restart: Wall 3, after count 16 counts

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