

# Rise Like A Phoenix

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4  
編舞者: Hans Palm (SWE) - May 2014

級數: Intermediate

音樂: Rise Like a Phoenix - Conchita Wurst : (Album: Rise Like A Phoenix - 3:02)



Intro: □12 counts from start of song, the music slows down slightly just before start of dance□

**S1: □STEP SWEEP WEAVE, STEP SWEEP WEAVE, ROCK FW & RECOVER ¼ R, TURN ¼ R & FULL TURN R**

1,2&      Step R forward as you sweep L out to front (1), cross L over R (2), step R to R side (&)  
3,4&      Step L behind R as you sweep R to back (3), step R behind L (4), step L to L side (&)  
5,6      Rock forward on R (5), recover back on L while turning ¼ R (6) 3:00  
7&8&      Turn ¼ R stepping on R (7), turn ½ R on L (&), turn ½ R on R (8), step forward on L (&) 6:00

**Easy options to spiral turn in Section 2:**

**S1: □Skip last & after count 8**

**S2: □WALK, WALK or FULL TURN**

1,2      Walk L (1), walk R (2) or  
1,2      Turn ½ R on L (1), Turn ½ R on R (2)

**S2: □SPIRAL TURN R ON L, STEP R FW & CROSS SHUFFLE BACK, R BACK & ROCK L BACK, RECOVER & CROSS SHUFFLE FW**

1,2      Spiral turn R on L (1), step forward on R (2)  
3,4&      Step forward on L (3), step R behind L (4), cross L over R moving backwards (&)  
5,6      Step back on R (5), rock back on L (6)  
7,8&      Recover on R (7), step forward on L (8), step R behind L (&)

**S3: □L FORWARD & R SCISSOR STEP, L TO SIDE & R NEXT TO L, LEAN L FORWARD & HOLD + WEIGHT SHIFT L NEXT TO R, ROCK R FW & RECOVER ¼ R**

1,2&      Step L forward (1), step R to R side (2), step L next to R (&)  
3,4&      Cross R over L (3), step L to L side (4), step R next to L (&)  
5-6&      Lean forward on L, weight on both feet (5), hold (6), step L next to R shifting all weight to L (&)  
7,8      Rock forward on R (7), recover back on L while turning ¼ R (8) 9:00

**S4: □TURN ¼ R + ½ R, TURN 1 ¼ R, ROCK L OVER R & RECOVER, FULL CHASE TURN L**

1,2      Turn ¼ R on R (1), turn ½ R on L (2) 6:00  
3&4      Turn ¼ R on R (3), Turn ½ R on L (&), Turn ½ R on R (4) 9:00  
5,6      Rock L over R (5), recover on R (6)  
7&8      Turn ¼ L on L (7), turn ¼ L on R (&), turn ½ L on L (8) 9:00

## TAGS/RESTARTS

**Wall 2 (starting 9:00):** After rock back (6) in section 2, walk R (7) and L (8) while turning ¼ R, restart with wall 3 at 6:00

**Wall 4 (starting at 3:00):** After rock forward (5) and back with ¼ turn R (6) in section 1, walk R (7) and L (8) while turning ¼ R, restart with wall 5 at 9:00

**Wall 6 (starting at 6:00):** After rock forward (5) and back with ¼ turn R (6) in section 1, walk R (7) and L (8) while turning ¼ R, restart with wall 7 at 12:00

**Wall 8 (starting at 9:00):** After rock back (6) in section 2 when music slows down, walk R (7) and step L next to R (8), restart with wall 9 at 3:00

**ENDING (wall 10, starting at 12:00)**

Music slows down in section 1 but starts at normal tempo again after count 5 in section 1 (adapt to tempo), continue to count 4& in section 2, then turn ½ left to 12:00, bend knees and lower body at the end of the long

**“flame” in the lyrics and then Rise Like A Phoenix with arms sweeping up and circular to the sides**

**Contact: [palm.hans@gmail.com](mailto:palm.hans@gmail.com)**

**Version 2 (Added easy options to spiral turn in section 2)**

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