

# Rise Like A Phoenix

COPPERKNOB  
STEPSHEETS

拍數: 40      牆數: 2      級數: Intermediate  
編舞者: M.T.C (UK) - May 2014  
音樂: Rise Like a Phoenix - Conchita Wurst : (Eurovision 2014 Austria Entry)



Intro 8 counts start on vocals

## Section 1: □Basic Right, Basic Left, Side, Coaster Step, Step Pivot Turn

- 1-2&      Step Right Long Step to Right Side, Rock Back on Left (Slightly behind R),  
□□□□□Recover on Right
- 3-4&      Step Left Long Step to Left Side, Rock Back on Right(Slightly behind L), □□□□□Recover  
on Left
- 5-6&7      Step Right to Right Side, Step Back on Left, Step Right Beside Left, Step Left  
□□□□□Forward
- 8&1      Step Right forward, Pivot 3/4 Turn Left, Step Right to Right Side

## Section 2: □Rock Recover Step, Behind Side Cross, Side Together Cross, Side

- 2&3      Rock Back on Left, Recover on Right, Step Left to Left Side
- 4&5      Step Right Behind, Step Left to Left Side, Cross Step Right over Left foot
- 6&7      Step Left to Left Side, Step Right Beside Left, Cross Step Left over Right Foot
- 8      Step Right to Right Side

## Section 3: □Step, Shuffle, Touch Unwind, Chasse Right, Side

- 1-2&3      Step Left Back, Shuffle Backward Right, Left, Right
- 4-5      Touch Left Behind Right, Unwind 3/4 turn over Left Shoulder,
- 6&7      Step Right to Right Side, Step Left Beside Right, Step Right to Right Side
- 8      Step Left to Left Side

## Section 4: □Touch, Touch, Sailor 1/4 Turn, Step, Step Pivot Turn, Side

- 1-2      Touch Right Foot Forward, Touch Right Foot to Right Side
- 3&4      Make 1/4 Turn Right Step Back on Right, Step Left Beside Right, Step Right  
□□□□□Forward
- 6&7      Step Left Foot Forward, Step Right Foot Forward, Pivot 3/4 Turn Left, Step Right to Right  
Side
- 8      Touch Left Beside Right

## Section 5: □Side Touch, Chasse Right, Cross Unwind, Jump Hold Clap

- 1-2      Step Left to Left Side, Touch Right Beside Left
- 3&4      Step Right to Right Side, Step Left Beside Right, Step Right to Right Side
- 5-6      Cross Left over Right, Unwind 1/2 Turn over Right Shoulder
- &7-8      Jump forward Right, Left Hold and Clap

## TAG - End of 1st Wall, facing 6:00 - End of 4th Wall, facing 12:00( Music Slows Down So Dance Accordingly)

- 1&2      Step Right Foot Forward, Pivot 1/2 turn over left shoulder, Step Right Foot  
□□□□□Forward
- 3&4      Step Left Foot Forward, Pivot 1/2 turn over Right Shoulder, Step Left foot □□□□□Forward
- 5&6      Step Right to Right Side & Recover Weight To Left In Place, Step Together Right
- 7&8      Step Left to Left Side & Recover Weight To Right In Place, Step Together Left

## ENDING - To Be Danced After the 5th wall, facing 6:00 to end the dance on 12:00

- 1-2&      Step Right Long Step to Right Side, Rock Back on Left (Slightly behind R),  
□□□□□Recover on Right

3-4&5            Make 1/4 Turn Left stepping Left Foot Forward, Step Right Foot Forward, Pivot 1/4 Turn Left,  
Step Right Foot Forward and Hold  
**(Music Slows Down During The Ending So Dance Accordingly)**

**Last Update - 26th May 2014**

---