

# Rise!

Count: 32

Wand: 2

Ebene: High Improver

Choreograf/in: Mathew Sinyard (UK) - May 2023

Musik: Rise (Sam Feldt Remix) - Calum Scott & Sam Feldt



**Intro: 32 Counts**

**No Tags or Restarts!!!**

## **Section 1 Step Lock, Step Lock Step, Rock Recover, 1/2, 1/4.**

- 1 2 Step forward on right, lock left behind right.
- 3 & 4 Step forward on right, lock left behind right, step forward on right.
- 5 6 Rock forward on left, recover on to right.
- 7 8 ½ turn left stepping forward on left, ¼ turn left stepping right to side.

## **Section 2 Back Sweep, Behind Side Cross Shuffle, Side Rock Recover.**

- 1 2 Step back on left, sweep right from front to back.
- 3 4 Cross right behind left, step left to side.
- 5 & 6 Cross right over left, step left to side, cross right over left.
- 7 8 Rock left to side, recover on to right.

## **Section 3 Behind Hold, Ball Cross Side, Back Rock Recover, Kick Ball Cross.**

- 1 2 Cross left behind right, hold.
- & 3 4 Step ball of right to side, cross left over right, step right to side.
- 5 6 Rock back on left, recover on to right.
- 7 & 8 Kick left to left diagonal, step ball of left beside right, cross right in front of left.

## **Section 4 Stomp Hold, Sailor Step, Sailor ¼, Step Pivot ½.**

- 1 2 Stomp left to side, hold.
- 3 & 4 Cross right behind left, step left to side, step right to side.
- 5 & 6 Cross left behind right, step right to right side, ¼ turn left stepping forward left.
- 7 8 Step forward on right, pivot ½ turn left (weight ending on left).

**Optional styling: - on walls 2, 7 & 9**

**(Counts &4 &6 section 4) tap your right hand over heart when he sings "My heart's thumping Boom, Boom, Boom, Boom".**

**On walls 3, 4, 8**

**(Counts 1- 4 section1) whilst doing the step lock, step lock step slowly raise right arm over 4 counts when he sings "You're Gonna See Me Rise".**

**Ending – At the end of wall 9, make a ½ turn left stepping back on right whilst raising right arm up high.**

**Have Fun & Enjoy x. ☐**

**Contact: - mat@inlinewedance.co.uk Website: - inlinewedance.co.uk**