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| Rise & Shine |  |

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| **Count:** | 64 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Simon Ward (AUS) - August 2012 |
| **Music:** | Rise & Shine - Si Cranstoun : (Album: Rise & Shine Single. - iTunes) |
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**Notes: 16 count tag at the end of walls 2, 4 & 6**

**Dance starts on vocals, Dance finishes on count 37 (stomp right fwd with hands out to side)**

**[1-8] Rock back, Recover, ¼ turn, Brush, L fwd, Pivot ½ R, L fwd, Brush**

|  |  |
| --- | --- |
| 1-2 | Rock/step right behind left turning body slightly right, Recover weight onto left |

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| 3-4 | Step right slightly to right turning ¼ turn right, Brush left forward |

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| 5-6 | Step left forward, Pivot ½ turn right taking weight onto right |

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| 7-8 | Step left forward, Brush right foot forward |

**[9-16] Right lock/step fwd, Brush, Left lock/step fwd, Brush**

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| --- | --- |
| 1-2 | Step right forward, Lock/step left behind right |

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| 3-4 | Step right forward, Brush left foot forward |

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| 5-6 | Step left forward, Lock/step right behind left |

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| 7-8 | Step left forward, Brush right foot forward |

**[17-24] R fwd, Pivot ¼ turn, Cross, Hold, ¼ turn R, ¼ turn R, Cross, Hold**

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| 1-2 | Step right forward, Pivot ¼ turn left taking weight onto left |

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| 3-4 | Cross/step right over left, Hold |

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| 5-6 | Step left to left turning ¼ turn right, Step right back turning ¼ turn right |

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| 7-8 | Cross/step left over right, Hold |

**[25-32] Side, Recover, Weave ¼ turn L, R fwd, Pivot 3/8 left**

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| 1-2 | Rock/step right to right side, Recover weight onto left |

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| --- | --- |
| 3-4 | Cross/step right over left, Step left to left side |

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| 5-6 | Step right behind left, Step left to left side turning ¼ turn left |

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| --- | --- |
| 7-8 | Step right slightly forward, Pivot 3/8 turn left taking weight onto left |

**[33-40] R fwd, Hold, L fwd, Hold, Fwd, Recover, Side, Recover**

|  |  |
| --- | --- |
| 1-2 | Step right forward, Hold |

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| --- | --- |
| 3-4 | Step left forward, Hold |

|  |  |
| --- | --- |
| 5-6 | Rock/step right forward, Recover weight onto left |

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| --- | --- |
| 7-8 | Rock/step right to right side, Recover weight onto left |

**[41-48] Coaster Step, Brush, L fwd, Pivot 3/8 turn right, Cross, Kick**

|  |  |
| --- | --- |
| 1-2 | Step right back, Step left beside right |

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| --- | --- |
| 3-4 | Step right forward, Brush left foot forward |

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| --- | --- |
| 5-6 | Step left forward, Pivot 3/8 turn right taking weight onto right |

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| 7-8 | Cross/step left over right, Kick right to right side (turning body slightly right) |

**[49-56] R Side, Hitch, L Cross, Kick, R Side, Hitch, L Cross, Hitch**

|  |  |
| --- | --- |
| 1-2 | Step right slightly to right, Hitch left knee slightly across right |

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| 3-4 | Cross/step left over right, Kick right to right side |

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| 5-6 | Step right slightly to right, Hitch left knee slightly across right |

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| 7-8 | Cross/step left over right, Hitch right knee |

**[57-64] Side, Recover, Cross, Hold, ¼ turn R, ¼ turn R, Cross, Kick**

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| --- | --- |
| 1-2 | Rock/step right to right side, Recover weight onto left |

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| --- | --- |
| 3-4 | Cross/step right over left, Hold |

|  |  |
| --- | --- |
| 5-6 | Step left to left turning ¼ turn right, Step right back turning ¼ turn right |

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| 7-8 | Cross/step left over right, Kick right at 45 deg right |

**RESTART**

**Tag: Finish dance with a hold in place of the kick at 45 deg to start tag.**

**2 x Monterey turns, Step drag, Twist heels with kick**

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| 1-4 | Point right toe to right, Step right beside left turning ½ turn right, Point left toe to left, Step left beside right |

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| 5-8 | Repeat above 4 counts touching left beside right on count 8 |

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| 9-12 | Large step left dragging right beside left for 3 counts |

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| 13-16 | Twist heels, right, left, right, left kicking right at 45 deg turning body slightly right to restart |

**Contact: bellychops@hotmail.com**