Count: 128
Wall: 2
Level: Phrased Intermediate
Choreographer: Flat Guo (CN) \& Yanzi Zhang (CN) - March 2016
Music: All Rise - Blue


Intro: 32 counts - Sequence: A/B/T/A/B/C/B/B/B

## Part A: 64 counts

A(1-8)Long Step, Towards, L side, Sway, Cross, R side, Sway, Cross, Hold, L side
1-2 Long step $R$ to $R$, Step $L$ towards $R$
3\&4 Step $L$ to $L$, Sway $R$ to R, Cross $L$ over R
5-6 Step R to R, Sway $L$ to $L$
7-8\& Cross R over L, Hold, Step L to L

A(9-16)Cross, Hold, L side, Cross shuffle, Behind, Turn and forward, Forward, Touch
1-2 Cross R over L, Hold,
\&3\&4 Step $L$ to $L$,Cross $R$ over L, Step $L$ to $L$, Cross R over L
5-6 Step $L$ behind $R, 1 / 4$ turn $R$ stepping $R$ forward
7-8 $\quad$ Step $L$ forward, Touch $R$ beside $L$
A(17-24)Rock chair step, $R$ side, Hold, Beside, $R$ side, Beside
1-2-3-4 Rock R forward, Recover on L, Rock R back, Recover on L
5-6 Step R to R, Hold,
\&7-8 Step $L$ beside $R$, Step $R$ to $R$, Step $L$ beside $R$
A(25-32)Rock, Recover, $1 / 2$ turn R forward, Hold, Pivot full turn, Forward, Touch
1-2-3-4 Rock R forward, Recover on L, 1/2 turn R stepping R forward, Hold
5-6 Step $L$ forward, Pivot full turn stepping $R$ forward
7-8 $\quad$ Step $L$ forward, Touch R beside L
A(33-40)Rock, Recover, Back then Bend(X4), 1/2 turn L, Sweep
1-2 Rock $R$ forward, Recover on $L$
3\&4\& Step R back, Bend L, Step L back, Bend R
5\&6 Step $R$ back, Bend $L$, Step $L$ back bending $R$
7-8 Step $R$ in place, $1 / 2$ turn $L$ sweeping $L$ to back
$\mathrm{A}(41-48) \mathrm{R}$ Grapevine kick, Rolling vine and kick
1-2 Step L back, Step R to R
3-4 Cross $L$ over R, Kick R diagonal
5-6 Step $R$ back, $1 / 2$ turn $L$ stepping $L$ forward
7-8 $\quad$ Step $R$ to R, Kick $L$ cross over $R$
A(49-56)Cross, Bend, Back, Kick, Touch, Back, Forward, Hold
1-2 Cross L over R, Bend R and touch behind L
3-4 Step R back, Kick $L$ cross $R$
5-6 Touch L behind R turning 1/4 L, Step R back
7-8 Step L forward, Hold

A(57-64)Rock, Recover, Back shuffle, Sweep, Back, Forward, Pivot turn L
1-2 Rock R forward, Recover on L
\&3\&4 Cross $R$ over L, Step $L$ back, Cross $R$ over $L$, Step $L$ back sweeping $R$ to back
5-6-7-8 Step $R$ back, $1 / 4$ turn $L$ stepping $L$ forward, Step $R$ forward,3/4 turn $L$

| Part B: 32counts |  |
| :---: | :---: |
| B(1-8)R side, Behind, Vine, Beside, Cross, Recover, L side, Cross |  |
| 1-2 | Step $R$ to R, Cross L behind over $R$ |
| \&3\&4 | Cross L over R, Step R to R, Cross L behind over R, Step R to R |
| \&5 | Step $R$ beside L, Cross L over $R$ |
| 6-7-8 | Recover on R, Step L to L, Cross R over L |
| $B(9-16)$ Dig $L$ heel, $1 / 4$ turn $R$ and dig(X3), Dig $R$ heel, $1 / 4$ turn $L$ and dig(X3) |  |
| 1-2-3-4 | Dig $L$ heel diagonal, $1 / 4$ turn $R$ digging $L$ heel diagonal, $1 / 4$ turn $R$ digging $L$ heel diagonal, 1/4 turn $R$ digging $L$ heel diagonal |
| 5-6-7-8 | Dig $R$ heel diagonal, $1 / 4$ turn $L$ digging $R$ heel diagonal, $1 / 4$ turn $L$ digging $R$ heel diagonal, $1 / 4$ turn $L$ digging $R$ heel diagonal |
| $B(17-24)$ Cross, Hold, Vine step, $L$ side, Behind, $R$ side, Cross behind, $R$ side |  |
| 1-2 | Cross R over L, Hold |
| \&3\&4 | Step L to L, Cross R behind over L, Step L to L, Cross R over L |
| \&5 | Step L to L, Touch R behind over L |
| 6-7-8 | Step R to R, Cross R behind L, Step R to R |
| B(25-32)Pivot turn R, Forward, Turn L and R back, Triple step, Rock,Recover |  |
| 1-2-3-4 | Step L forward, Pivot turn 1/4 R, Step L forward, 1/4 turn L stepping R back |
| 5\&6 | 1/4 turn $L$ stepping $L$ forward, Step R beside $L$, 1/4 turn $L$ stepping $L$ forward |
| 7-8 | Rock R back, Recover on L |
| Part C: 32counts |  |
| C(1-8)Step forward diagonal(X4), Back,dig heel(X4) |  |
| 1-2-3-4 | Step R forward diagonal, Step L forward diagonal, Step R forward diagonal, Step L forward diagonal |
| 5\&6\&7\&8 | Step R back, Dig L heel forward, Step L back, Dig R heel forward, Step R back, Dig L heel forward, Step $L$ back digging $R$ heel forward |
| C(9-16)Side step, Sway, Sailor step, Coaster step |  |
| 1-2 | Step R to R, Sway L to L |
| 3\&4 | Step R back, Step L to L, Step R to R |
| 5\&6 | Step L back, Step R together, Step L forward |
| 7\&8 | Hold, Step R beside L, Step L forward |
| C(17-24)Toe switch, Heel switch, Strut step, Pivot turn L |  |
| 1\&2\& | Point $R$ to R, Step R beside L, Point L to L , Step L beside R |
| 3\&4\& | Dig $R$ heel forward, Step R beside L, Dig L heel forward, Step L beside R |
| 5\&6\& | Touch $R$ toe beside L, R heel down, Dig L heel forward, Step L beside R |
| 7-8 | Step R forward, Pivot turn 1/2 L |
| C(25-32)Pivot 1/2 turn R, Forward, R, L, Pivot 1/4 turn L, Cross, Back |  |
| 1-2 | Scuff R to L diagonal, Step R cross over L |
| 3-4 | Scuff $L$ to R diagonal, Step L cross over R |
| 5-6 | Rock $R$ forward, Recover on $L$ |
| \&7\&8 | Step R to R, Step L to L, Step R beside L, Cross L over R |
| Have fun! |  |
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