## Rise and Shine

Count: 64
Wall: 4
Level: High Beginner
Choreographer: Laura Sway (UK) - September 2017
Music: Rise \& Shine - Si Cranstoun

## Count in: 24 counts

[1-8] Toes struts out out, in in.
1234- touch right toe to right side, push right heel down. Touch left toe to left side, push left heel down.

5678- toe right toe in and slightly back, push right heel down. Touch left toe beside right, push left heel down.
[9-16] x2 lock steps forward with a scuff.
1234- step right forward, lock left behind right, step right forward, scuff the left.
5678- step left forward, lock right behind left, step left forward, scuff the right.
(One Restart here on wall 7)
[17-24] Step fwd, clap, pivot 1/4, clap, step fwd, clap, pivot 1/4, clap.
1234- step forward on the right, clap. Pivot $1 / 4$ turn left weight on left, clap. (9.00)
5678- step forward on the right, clap, pivot $1 / 4$ turn left weight on left, clap. (6.00)
[25-32] slow toe strut jazz box.
1234- cross right toe across left, push heel down, touch left toe back, push heel down.
5678- touch right toe to right side, push heel down, touch left beside right, push heel down.
[33-40] Point out in, fwd touch, point out in, fwd touch.
1234- point right toe to right side, touch right toe beside left, step right to right diagonal forward, touch left beside right.
5678- point left to left side, touch left beside right, step left to left diagonal, touch right beside left.
[41-48] Step back clap x4
12345678- Step right back, touch left beside right and clap, step back left, touch right beside left and clap, repeat.
[49-56] step side, hold, behind, hold, side, hold, step fwd, hold. ( with arms old black coffee style :-) )
1234- step right to right side hold \& click hands up, step left behind right hold \& click hands low 5678- step right to right side hold \& click hands up, step slightly forward on left, hold \& click hands low.
[57-64] Step fwd right, hold, pivot $1 / 4$ hold, twist travelling fwd $x 4$ with jazz hands
1234- step right forward, hold, pivot $1 / 4$ turn to the left weight on left, hold.
5678- traveling forward step right, left, right, left, slightly twisting feet as you do it. With jazz hands
End of dance :-)
Last Update - 5th Sept 2017

