# Uprising



Count: 32 Wall: 4 Level: Beginner

Choreographer: Julie Snailham (ES) - January 2019

Music: Uprising - Muse



Intro: at Count 40 on this version which the dance is choregraphed to

\*\* Dance without the 1/4 turn R at Section 3 to make a one wall dance for AB Dancers \*\*

### **SECTION 1: STEPS FORWARDS WITH BRUSHES**

1-2	Step forward on R, brush L forward
3-4	Step down on L, brush R forward
5-6	Step down on R, brush L forward
7-8	Step down on L, brush R forward

# SECTION 2: WALKS BACK WITH TOUCH, GRAPEVINE LEFT WITH TOUCH

1-2	Step back on R, step back on L
3-4	Step back on R, touch L beside R
5-6	Step L to L side, step R behind L
7-8	Step L to L side, touch R next to L

# SECTION 3: GRAPEVINE RIGHT TURNING 1/4 RIGHT TOUCH, LEFT V STEP WITH TOUCH

1-2	Step R to R side, step L behind R
3-4	Step R to R side turning 1/4 R, touch L next to R
5-6	Step forward and out on L, step forward and out on R
7-8	Step back on L, touch R next to L

### SECTION 4: RIGHT V STEP, RIGHT ROCKING CHAIR

1-2	Step forward and out on R, step forward and out on L
3-4	Step back on R, step back on L next to R
5-6	Rock forward on R, recover on L
7-8	Rock back on R, Recover on L

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