## Rise Up



Count: 32 Wall: 4 Level: Intermediate

Choreographer: Andrico Yusran (INA) & Sofyan Anas (INA) - September 2020

Music: TheFatRat - Rise Up



Tag: 4 counts After wall 3

Bridge: On wall 6 after 16 counts

Start Dance after Intro 4 counts (on Lyrics)

## S1# FORWARD - LOCK SHUFFLE FORWARD (sweep ) - CROSS - SIDE - BACK ( sweep ) CROSS BEHIND - SIDE - 1/8 LOCK SHUFFLE

1-2&3 Step L forward, R forward, L lock behind R, R forward with L sweep forward

4&5 L cross over R, R side, L back with R sweep back

6&7&8 R cross behind L, L side, R forward 1/8 to L (10.30), L lock behind R, R forward

## S2# MAMBO DIAGONAL - COASTER STEP - FULL TURN FORWARD - SIDE TOUCH - CROSS - SIDE TOUCH

Step L forward ( 10.30 ) , R in place , L back
R back , L close beside R , R forward ( 10.30 )
L 1/2 turn to R , R 1/2 turn to R , L side touch ( 12.00 )
L cross over R , R side touch ( 12.00 ) weight on L

\*( Bridge Here on Wall 6, SWAY)\*

## S3# CROSS ( side kick ronde ) - CROSS - SIDE - BACK 1/4 ( hitch ) - CROSS BEHIND - SIDE - CROSS ( sweep ) 1/8 - LOCK SHUFFLE FORWARD - FORWARD - HITCH

1-2&3 Step R cross over L with L side kick ronde , L cross over R , R side , L back 1/4 turn to L with

R knee up

4&5 R cross behind L , L side , R cross over L with L sweep forward 1/8 to R ( 10.30 )

6&7 L forward (10.30), R lock behind L, L forward

&-8 R forward, L knee up ( 10.30 )

# S4# SIDE PUSH BODY MOVED 1/4 - SWEEP - CROSS SHUFFLE ( sweep ) - CROSS ( sweep ) - CROSS ( sweep 1/4 ) - LOCK SHUFFLE FORWARD

1-2 Step L push body 1/4 turn to L (4.30), R tap in place with L sweep to facing 12.00

3&4 L cross over R, R side, L cross over R with R sweep forward

5-6 R cross over L with L sweep forward , L cross over R with R sweep 1/4 turn to L ( 9.00 )

7&8 R forward, L lock behind R, R forward (9.00)

### TAG: 4 COUNTS NIGHT CLUB

1-2&3 Step L side slightly, R cross behind L, L in place, R side slightly

4-& L back, R in place

#### **BRIDGE: 4 COUNTS**

1-4 Making Sway R - L - R - L

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Dancing with Your Heart ♥