

I'm Rising Up

COPPER KNOB
STEPPERS

Count: 32

Wall: 2

Level: Beginner

Choreographer: Haylie Petho (AUS) - July 2025

Music: Sticks & Stones - Lauren Spencer Smith



Restarts: 0 - Tags: 1

WALL 4 - After L Coaster step - Facing 12:00

R step Forward, L step Together.

Intro: Approx 16 counts on start of lyrics

R SIDE STOMP - HOLD, R SAILOR, L SAILOR

1-4 Stomp R to R side (1), Hold (2-4)

5-8 Cross R behind L (5), step L to L side (&), step R to R side (6) Cross L behind R (7), step R next to L (&), step L to L side (8)

R STEP, L STEP, R STEP JUMP ½ TURN L KICK, L COASTER, R & L STEP OUT

1-4 Step R forward (1), Step L forward (2), Step R Forward & Jump ½ turn with L kick (3 & 4)

5-8 Step back on L (5), step R next to L (&), step forward on L (6), R step forward out (7) L step forward out (8)

BUTT CIRCLE, KNEE POP TOGETHER, KNEE POP FORWARD

1-4 Butt circle behind L - R (1-3), Jump R foot to L - R knee popped (4) together(4)

5-8 Pop L knee with lil jump forward (5), Pop R knee with lil jump forward(6), Pop L knee with lil jump forward (7), Pop R knee with lil jump forward (8) (Feet stay together while moving forward)

R SIDE ROCK CROSS, L SIDE ROCK CROSS, R CROSS UNWIND FULL TURN

1-4 Step R to R (1), Recover (&) Cross R over L (2) Step L to L (3), Recover (&) Cross L over R (4)

5-8 Cross R over L (5) Unwind full turn (6-8)

START AGAIN

TAG: WALL 4 after L coaster, you will be facing 12:00

R step Forward, L step Together

This song is everything power, attitude & sass, a reminder you are above it all!

BRING IT! <3