

Rise And Shine

COPPER KNOB
STEPSHEETS

Count: 0

Wall: 4

Level: Intermediate

Choreographer: Robert Rice (USA) & Joan Price (USA)

Music: It's A Good Day - Jessica Molaskey



Sequence: AA, B, AAA, A (1-16), B, A, A (1-24) ending with additional cross right over left (step 25, on last note of music), arms open at downward angle

PART A

BACK CROSS, STEP, STEP, 2 LOCK STEPS, 2 CLAPS

- 1-2 Step right back to right diagonal, drag left across right (putting weight on left)
- 3-4 Step right to right side, step left to left side
- 5& Step right forward to right diagonal, lock left behind right
- 6& Step right forward to right diagonal, lock left behind right
- 7 Step right forward to right diagonal
- &8 Clap, clap

ROCKS WITH TURNS

- 1-2 Rock left to left side, step right $\frac{1}{4}$ turn right (facing 3:00)
- 3-4 Rock left forward, rock back right
- 5-6 Rock left forward, lift right knee as left foot turns $\frac{1}{2}$ turn left (9:00)
- 7-8 Rock right forward, rock back left

SLOW SCISSORS

- 1-2-3 Rock right to right side, return left, cross right over left
- 4-5-6 Rock left to left side, return right, cross left over right
- 7-8 Rock right to right side, return left

CROSS & CROSS, $\frac{3}{4}$ TURN, SHUFFLE, KICK-BALL-CHANGE

- 1&2 Cross right over left, step left to left side, cross right over left
- 3-4 Step back on left turning $\frac{1}{4}$ right (12:00), turn $\frac{1}{2}$ turn right stepping forward on right (6:00)
- 5&6 Shuffle forward left, right, left
- 7&8 Kick right, ball change right-left

PART B

SKATES, SHUFFLE, REACH FOR THE SUN

- 1-2-3&4 Skate right, skate left, shuffle forward right, left, right
- 5-6- Step left to left side making $\frac{1}{4}$ turn right while reaching both arms up to left diagonal, tap right beside left
- 7-8 Step right to right side while reaching both arms down to right diagonal, tap left beside right

REACH FOR THE SUN, WALK BACK

- 1-2 Step left to left side while reaching both arms up to left diagonal, tap right beside left
- 3 Step back right into $\frac{1}{4}$ turn left
- 4-5-6-7-8 Step back left, right, left, right, left

Arms (4-8) hands close together with palms pushing forward, circling up, out, and around once.

4 FORWARD TRAVELING JAZZ BOXES, $\frac{1}{4}$ TURN

- 1-2-3-4 Cross right over left, small step back left, step right to right side, large step forward left
- 5-6-7-8 Cross right over left, small step back left, step right to right side, large step forward left
- 9-10-11-12 Cross right over left, small step back left, step right to right side, large step forward left
- 13-14-15-16 Cross right over left, small step back left, step back right making $\frac{1}{4}$ turn left, rock forward left

