

# Rise And Shine!

**Count:** 32

**Wall:** 4

**Level:** Beginner hustle

**Choreographer:** Scott Turpin (USA) & Yvonne Johnson

**Music:** Early In the Morning - The Gap Band



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## **¼ TURN LEFT, CROSS SHUFFLE RIGHT OVER LEFT, STEP BACK LEFT, ¼ TURN RIGHT, SHUFFLE FORWARD LEFT/RIGHT/LEFT**

1-2-3&4 Step forward on right foot, ¼ turn left, cross shuffle right over left

5-6-7&8 Step back on left foot, ¼ turn right, shuffle forward left/right/left

## **STEP FORWARD RIGHT, ½ TURN LEFT, SHUFFLE FORWARD RIGHT/LEFT/RIGHT, ¼ TURN LEFT, SAILOR SHUFFLE**

1-2-3&4 Step forward right, ½ turn left, shuffle forward right/left/right

5-6-7&8 Step forward left, ¼ turn left, weight on right, step left behind right, step right to right, step left next to right (weighting on left foot)

## **KNEE POP, ¼ TURN RIGHT, KICK/BALL/STEP, STEP FORWARD, ½ TURN LEFT, SHUFFLE FORWARD**

1-2-3&4 Point right toe to right bringing right knee towards the left knee, "pop" right knee to right while turning ¼ turn to right, kick right foot forward, step right next to left.

5-6-7&8 Step right foot forward taking weight on right foot, turn ½ turn left, shuffle forward right/left/right

## **CROSS STEP LEFT OVER RIGHT, POINT RIGHT TOE RIGHT, RIGHT KNEE POP, JAZZ SQUARE WITH ¼ TURN RIGHT**

1-2-3-4 Step left foot over right, point right toe to right, bring right knee in/out keeping weight on left foot

5-6-7-8 Step right foot over left, step left foot back, step right foot to right making ¼ turn, step left foot next to right taking weight on left foot

**REPEAT**

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