

Rise 'n' Shine

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Marg Jones (CAN)

Musique: Don't Call Me Early In The Morning - Barra MacNeils



RIGHT CROSS, KICK, SAILOR SHUFFLE, LEFT CROSS, KICK, SAILOR SHUFFLE

- 1-2 Cross/touch right over left, kick right diagonally forward
- 3&4 Cross right behind left, step left slightly side, step right to side
- 5-6 Cross/touch left over right, kick left diagonally forward
- 7&8 Cross left behind right, step right slightly side, step left to side

&STEP, SCUFF ACROSS, CROSSING SHUFFLE

- &9-10 Step right back, step left slightly forward, scuff right forward
- 11&12 Cross right over left, step left to side, cross right over left

POINT LEFT & RIGHT & LEFT WITH ¼ TURN LEFT, HOLD (CLAP, CLAP)

- 13&14 Touch left to side, step left together, turn 1/8 left and touch right to side
- &15&16 Step right together, turn 1/8 left and touch left to side, clap twice

LEFT HEEL & RIGHT TOE, RIGHT HEEL & LEFT TOE

- 17&18 Touch left heel forward, step left together, touch right together
- 19&20 Touch right heel forward, step right together, touch left together

LEFT ROCK FORWARD, RECOVER, COASTER STEP LEFT-RIGHT-LEFT

- 21-22 Rock left forward, recover on right
- 23&24 Step left back, step right together, step left forward

SHUFFLES FORWARD DIAGONALLY, RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT

- 25&26 Shuffle diagonally forward right, left, right
- 27&28 Shuffle diagonally forward left, right, left

TRIPLE STEPS TURNING FULL TURN RIGHT

- 29&30 Triple in place turning ½ right and step right, left, right
- 31&32 Triple in place turning ½ right and step left, right, left

REPEAT

TAG

After sequences 3, 5, 8, 9, & 10, every time you hear them sing "...leave me till the cows are coming home."

- 1&2 Shuffle side right, left, right
- 3&4 Shuffle side left, right, left

After the 10th sequence, (you've just done the tag for the 5th time and are facing the back wall) they repeat, "leave me till the cows are coming home" and there's music going into the fadeout. There's enough time to do another complete sequence and half the tag (shuffle to the right) then stomp the left foot on the last note