

# All Rise

Compte: 32

Mur: 4

Niveau: Improver



Chorégraphe: Bree Sarkies

Musique: All Rise - Blue

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## ROCK AND CROSS, ROCK AND FULL TURN

- 1&2-3&4 (Traveling slightly forward) rock right to right side, rock weight on left, cross right over left, rock left to left side, rock weight on right, do a full turn on right going over the left shoulder, step forward on left
- 5&6-7-8 (Traveling slightly forward) rock on right rock weight on left, turn ½ turn, step forward on right, do a full turn going over the right shoulder stepping left right

## HIPS, HEEL JACKS

- 1&2-3&4 Step forward on left, bump hips twice, step forward on right, bump hips twice
- 5&6&7&8 Cross left over right, step right back at a 45 degrees angle, put left heel out in front, bring left together, cross right over left, step left back at a 45 degrees angle, put right heel out in front

## HALF TURN, BRING FEET TOGETHER AND TWIST HEELS, SIDE SHUFFLE, FULL TURN, 4 SWIVELS

- &1-2-3&4 Bring right together, step forward on left, ½ pivot turn over right shoulder, bring left together, twist heels left - center (weight on right)
- 5&6-7-8 Side shuffle left going left-right-left, rock right behind left at a 45 degrees angle, rock weight on left
- 1-2-3&4 Full turn going over left shoulder stepping right left, shuffle forward right-left-right
- 5&6-7&8 Touch left toe back and tap twice, scuff left forward, step forward on left, touch right beside left, tap twice

## REPEAT

## TAG

At the end of the 3rd wall

## SIDE SHUFFLE, ROCK BACK ROCK FORWARD (TO THE LEFT AND RIGHT)

- 1&2-3-4 Side shuffle right-left-right, rock left behind right at a 45 degrees angle, rock weight on right,
- 5&6-7-8 Side shuffle left-right-left, rock right behind left at a 45 degrees angle, rock weight on left
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