

Rise Like The Day

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Malene Jakobsen (DK) - February 2017
音乐: Rise Up - Andra Day : (Album: Cheers To The Fall - iTunes)



Intro: 2 counts from the beginning (no music but a sound a little like waves) 3 sec. seconds into track, dance begins with weight on L

Note: There is a Restart on wall 3, you will be facing 6.00

[1-9] Fwd., hitch 1/4, cross, side, back rock, 1/4, back rock, 1/4, 1/4, cross rock, 1/4, 1/8

- 1-2& (1) Step fwd. on R hitching L making 1/4 turn R on ball of R, (2) cross L over R (&) step R to R 3.00
- 3-4& (3) Rock back on L, (4) recover onto R, (&) turn 1/4 R stepping back on L 6.00
- 5-6& (5) Rock back on R, (6) recover onto L, (&) turn 1/4 L stepping R to R 3.00
- 7&8 (7) Turn 1/2 L stepping L to L, (&) rock R across L, (&) recover onto L 9.00
- &1 (&) Turn 1/4 R stepping fwd. on R, (1) turn 1/8 L stepping fwd. on L 10.30

[10-16] Lock step, fwd. rock, 3/8, point, 1/4 sweep, cross, side, back rock, sway R

- 2&3 (2) Lock R behind L, (&) step fwd. on L, (3) rock fwd. on R 10.30
- 4&5 (4) Recover onto L, (&) turn 3/8 R stepping R to R, (5) point L to L 3.00
- 6-7 (6) Turn 1/4 L stepping fwd. on L sweeping R from back to front, (7) cross R over L 12.00
- &8& (&) Step L to L, (8) rock back on R, (&) recover onto L 12.00

NOTE: The only restart is here you will be facing 6.00 – turn 1/4 and start from the beginning

[17-24] Sways, L basic, point, run 3/4 R with sweep, cross, side

- 1-2& (1) Step R to R and sway, (2&) Sway L, R 12.00
- 3-4&5 (3) Step L to L, (4) rock back on R, (&) recover onto L, (5) point R to R 12.00
- 6&7 (6) Turn 1/4 R stepping down on R, (&) turn 1/4 R stepping fwd. on L, (7) turn 1/4 stepping fwd. on R sweeping L from back to front 9.00
- 8& (8) Cross L over R, (&) step R to R 9.00

[25-32] Back rock, side rock, cross sweep, cross, 1/4, 1/4, recover, cross, side rock, together

- 1&2&3 (1) Rock back on L, (&) recover onto R, (2) rock L to L, (&) recover onto R, (3) cross L over R sweeping R from back to front –

NOTE: After you do the back rock then count 2&3 move slightly fwd.) 9.00

- 4&5 (4) Cross R over L, (&) turn 1/4 R stepping back on L, (5) turn 1/4 R rocking R to R 3.00
- 6&7 (6) Recover onto L, (&) cross R over L, (7) rock L to L 3.00
- 8& (8) Recover onto R, (&) step L next to R 3.00

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