Rise

拍数: 32	墙数: 2	级数: Novice
编舞者: Marianne Langagne (FR) - July 2019		
音乐: Rise (Sing It Loud) - Caroline Jones		

Intro : 16 counts
3 Restarts (2nd wall (3o'clock) – 5th wall (9o'clock) – 9th wall (9o'clock))

[1 – 8] TAP, KICK, COASTER STEP, ROCK FWD, BACK TRIPLE
1 – 2	Tap R Ball, Kick RF FWD
3 & 4	RF back & together, RF FWD
5 – 6	LF FWD, recover on RF
7 & 8	LF back & together, LF back

[9 – 16] TWIST TURN ½, SIDE ROCK CROSS WITH R ¼ TURN, POINT ON R SIDE – FWD – R SIDE
1 – 2	R Ball behind LF, Right ½ turn (weight on RF) 6o'clock (Restart –2 and 3 but after ½ turn weight on LF)
3 – 4	LF FWD, R ¼ turn – recover on RF 9o'clock
5 – 6	Cross LF over RF, R point to the Right
7 – 8	R point FWD, R point to the right (Restart 1)

[17 – 24] ROCK BACK, SIDE TRIPLE, ROCK BACK, STEP FWD, R ½ TURN
1 – 2	RF back, recover on LF
3 & 4	RF to the right & LF next to RF, RF to the right
5 – 6	LF back, recover on RF
7 – 8	LF FWD, R ½ turn (weight on RF) 3o'clock

[25 – 32] FULL TURN, WALK L-R, TRIPLE FWD, BOUNCES WITH R ¼ TURN
1 – 2	R ½ turn – LF back, R ½ turn – RF FWD
3 – 4	Walk L, Walk R
5 & 6	LF FWD & together, LF FWD
7 – 8 2	Bounces with R ¼ turn (weight on LF)

HAVE FUN !!!

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