

# Rise Again

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 2      级数: Intermediate NC2S  
编舞者: Gerard Murphy (CAN) - June 2021  
音乐: Rise Again (2008 Sequel) - The Rankin Family



Begin on lyrics after 16 counts. One tag. Two restarts.

**[1-8] Side, Rock, Recover, Sway, Sway, Behind, Side, Cross, Press, Recover**

- 1-2&      Step R long step to R side, rock L behind R, recover onto R
- 3-4      Step L to L while swaying hips to L, sway hips to R while shifting weight to R
- 5&6      Cross step L behind R, step R to R side, cross step L over R
- 7-8      Press forward diagonal on ball of R (2:00) on R, recover onto L

**[9-16] Behind, ¼ Turn L, Step, Forward, Lock Step, Step, ½ PIVOT, ½ Turn, ¼ Turn, Cross**

- 1&2      Cross step R behind L, turn ¼ L stepping L forward (9:00), step R forward
- 3&4      Step L forward, lock step R behind L, step L forward
- 5-6      Step R forward, turn ½ L taking weight on L (3:00)
- 7&8      Turn ½ L stepping back on R (9:00), turn ¼ L stepping L to L (6:00), cross step R over L

**[17-24] Side, Rock, Recover, Side, Behind, ¼ Turn, Side, Behind, ¼ Turn, ¼ Turn, Behind, Side, Behind**

- 1-2&      Step L long step to L side, rock R behind L, recover onto L
- 3-4&      Step R long step to R side, cross step L behind R, turn ¼ R stepping R forward (9:00)
- 5&6&      Step L to L side, cross step R behind L, turn ¼ L stepping L forward (6:00), turn ¼ L stepping R to R side (3:00)
- 7&8      Cross step L behind R, step R to R side, cross step L behind R

**[25-32] Sweep, Behind, Side, Cross, 1/8 Turn Back, 1/8 Turn Side, Step, ½ Pivot, Step**

- 1-2      Sweep R clockwise, cross step R behind L
- &3-4      Step L to L side, cross step R over L, turn 1/8 R stepping back on L (5:00)
- 5      Turn 1/8 R stepping R to R side (6:00)
- 6,7,8      Step L forward, turn ½ R taking weight on R (12:00), step L forward

**Restarts:** Happen after count 28. Once near the end of the 2nd rotation, facing 6:00 and once near the end of the 5th rotation, facing 12:00.

As you turn 1/8 R and step R to R side (for count 29), use this step as the long step to R to restart the dance (at count 1).

**Tag:** Happens once only. At the end of the 3rd rotation, facing 6:00.

- 1-2&      Step R long step to R side, rock L behind R, recover onto R
- 3-4&      Step L long step to L side, rock R behind L, recover onto L

**Ending:** After the last time you finish the pattern (12:00) step R to R and freeze as the music pauses. During this moment of silence, think about one person you've lost in your family or dance community - that person to whom you dedicate this dance. Once the music begins again, step R forward and walk a total of 14 slow steps forward, with your head down and R hand over your heart.

\* for my mom: Beatrice Murphy

Contact: (902) 457-2774, [dance@trybarefoot.com](mailto:dance@trybarefoot.com)  
<http://gerardmurphy.weebly.com/> |