

Rise

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Jenny Stephenson (UK) - November 2021
音乐: Rise - Calum Scott



Step, Cross behind, Side Shuffle, Rock Recover Side Shuffle with a ¼ turn L

- 1, 2 Step R to R side (1) Cross L behind R (2)
- 3 & 4 Step R to R side (3) Close L foot to R foot (&) Step R foot to R side (4).
- 5, 6 Rock L over R (5) Recover on R (6)
- 7 & 8 Step L foot to L side (7) Close R foot to L foot (&) Making a ¼ turn over L shoulder step forward on L foot.

Step ½ turn Step sweep, Cross L over R, Step R, Rock back and hold

- 1, 2 Step forward on R foot (1) Make a ½ turn over L shoulder, transfer the weight onto the L foot (2)
- 3, 4 Step forward on the R foot (3) Sweep the L for from the back to the front (4)
- 5, 6 Cross L over R (5) Step R foot to the R (6)
- 7, 8 Cross rock the L foot slightly behind the R foot (7) Hold (8)

Cross R over L, Step L, ½ turn, shuffle R, Rock recover & Cross shuffle

- 1, 2 Cross R foot over L (1) Step L to L side (2)
- 3 & 4 Making a ½ turn over R shoulder Step R to R side (3) Close L foot to R foot (&) Step R to R side (4)
- 5, 6 Rock L foot over R foot (5) Recover weight back onto R foot (6)
- & 7 & 8 Step L to L side (&) Cross R foot over L foot (7) Step L to L side (&) Cross R foot over L foot (8)

Step out L ¼ turn stepping out R, ball rock recover ball rock recover, ¾ turn sailor step.

- 1, 2 Stomp L to L side (1) making a ¼ turn over R shoulder Stomp R to R side (2)
- & 3, 4 Close L foot to R foot (&) Rock R foot to R side (3) Recover weight on L foot (4)
- & 5, 6 Close R foot to L foot (&) Rock L foot to L side (5) Recover weight on R foot (6)
- 7 & 8 Making a ¼ turn over L shoulder, Step L foot behind R foot (7) making a ¼ turn over L shoulder step R foot to R side (&) making a ¼ turn over L shoulder, cross L foot over R foot (8)

Last Update - 30 Nov. 2021