

# I Rise

拍数: 32                      墙数: 2                      级数: Intermediate  
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音乐: I Rise - Pentatonix



**Intro: 8 counts (6 secs) to start with vocals. The whole counts are on the heavy downbeats.**

**Sequence: 32, Tag"8", 32, 32, Tag"16", 32, 32, Tag"4", 32, 32**

**[1 – 8] Press Fwd LF, Recover RF, Back LF-Side RF, Chest Pop-Recover, Rock Fwd LF, Recover RF, Back LF-Side RF, Heel RockRecover**

1,2                      1) Press LF forward to front left corner pushing head & shoulders forward slightly [11:00]; 2) Recover weight back on RF pulling head &

**shoulders back**

&3&4 &                      ) Step back LF squaring to front wall [12:00]; 3) Step side RF angling towards front right corner [1:00]; &) "Pop" chest forward (hard

**inhale); 4) Return chest to neutral (breathe out) with weight on R**

5,6                      5) Rock forward LF [1:00]; 6) Recover weight back on RF

&7&8 &                      ) Small step back LF [1:00]; 7) Step side R (feet apart) [1:00]; &) Straighten knees to lift toes of both feet to rock back on your heels; 8)

**Lower toes to neutral with weight on R**

**[9 – 16] Step forward into triple in place L-R-L, Step back into triple in place R-L-R\*, Step-Lock-Step-Chase-1/2-Turn-1/4 Side-Close\***

1&2                      1) Step forward LF; &) Step side RF; 2) Step in place LF [all facing 1:00 corner]

3&4                      \* 3) Step back RF; &) Step side LF; 4) Step in place RF [all facing 1:00 corner]

**\*During Chorus when they start by singing "They call us soldiers on the battlefield", the lyrics for these counts are "Left Right... Left Right", so these 4 counts (9-12) change up to:**

**\*1&2& 1) Step forward LF moving your body down to the left with the step and slapping the palm of your left hand on your left thigh; &) Step side RF moving your body down to the right with the step and slapping the palm of your right hand on your right thigh; 2) Clap your hands in front to right side and extend your right hand out to side &) Slide your left hand along your right arm to slap your chest**

**\*3&4& 3) Step back LF moving your body down to the left with the step and slapping the palm of your left hand on your left thigh; &) Step side RF moving your body down to the right with the step and slapping the palm of your right hand on your right thigh; 4) Clap your hands in front to right side and extend your right hand out to side &) Slide your left hand along your right arm to slap your chest**

5&6                      "Step-Lock-Step": 5) Step LF forward towards front wall [12:00]; &) Lock RF behind LF; 6) Step forward LF

&7&                      "Chase-1/2-Turn": &) Step forward RF; 7) Turn 1/2 left ending with weight on LF [6:00]; &) Step forward RF

8&                      8) Turn 1/4 right stepping side LF [3:00]; &) Step RF next to LF

**[17-24] Side LF, R Sailor Step, L Toe Behind, "About Face" (1/2 Unwind Left), Side RF, L Sailor Step, R Toe Behind, 1/4 Unwind Right**

1,2&3                      1) Step side LF; Sailor Step: 2) Step RF behind LF; &) Step side LF; 3) Step side RF

&4 &                      ) Touch L toe behind R heel; 4) Sharply unwind 1/2 left on heel of RF and toe of LF and lower L heel so feet are together with weight ending on LF [9:00]

5,6&7                      5) Step side rF; Sailor Step: 6) Step LF behind RF; &) Step side RF; 7) Step side LF

&8 &                      ) Touch R toe behind L heel; 8) Sharply unwind 1/4 right on heel of LF and toe of RF and lower R heel so feet are together with weight ending on RF [6:00]

**[25-32] Side L, Rock Back R-Recover, Side R, Rock Back L-Recover, Back-Cross-Back-Back-Cross-Back-Back, Touch\*\***

1,2&                      1) Step side LF; 2) Rock RF behind LF; &) Recover weight on LF

3,4&                      3) Step side RF; 4) Rock LF behind RF; &) Recover weight on RF

- 5&6            5) Angle upper body to front left corner and step back LF; &) Step RF across LF; 6) Step back LF
- &7& &        ) Angle upper body to front right corner and step back RF; 7) Step LF across RF; &) Step back RF
- 8                8) Step back LF (On final wall, touch behind on count 8 and "about face" 1/2 turn left to face 12:00 wall to end the dance)
- &                \*\* If going into another 32 counts: &) Step together RF

**If going into a tag: &) Touch together RF**

**Tag"8": After the first full rotation of 32 counts, you'll have an 8-count tag facing 6:00 wall: 1-4) Step side RF onto bent knees and push your upper body around in a counter-clockwise rotation down, up and around ending with weight down on LF; 5-8) Reverse the direction and rotate your upper body in a clockwise rotation down, up, around and down ending with weight on RF**

**Tag"16": Facing 6:00 wall, you'll do Tag"8" for first 8 counts and add these 8 counts to it for counts 9-16: 1) Sway left; 2) Sway right; 3-4) Turn 1/4 left stepping forward LF [9:00] and sweep RF around while turning 3/4 left [6:00]; 5) Sway right; 6) Sway left; 7-8) Turn 1/4 right stepping forward RF [3:00] and sweeping LF around while turning 3/4 right [6:00]**

**Tag"4": Facing 6:00 wall, this is simply the first 4 counts of the Tag"8" 1-4) Step side RF onto bent knees and push your upper body around in a counter-clockwise rotation, down, up and around ending with weight on RF**  
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**Last Update - 7 May 2025 - R1**

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