

All Rise

拍数: 32 墙数: 4 级数: Improver
编舞者: Bree Sarkies
音乐: All Rise - Blue



ROCK AND CROSS, ROCK AND FULL TURN

- 1&2-3&4 (Traveling slightly forward) rock right to right side, rock weight on left, cross right over left, rock left to left side, rock weight on right, do doing a full turn on right going over the left shoulder, step forward on left
- 5&6-7-8 (Traveling slightly forward) rock on right rock weight on left, turn ½ turn, step forward on right, do a full turn going over the right shoulder stepping left right

HIPS, HEEL JACKS

- 1&2-3&4 Step forward on left, bump hips twice, step forward on right, bump hips twice
- 5&6&7&8 Cross left over right, step right back at a 45 degrees angle, put left heel out in front, bring left together, cross right over left, step left back at a 45 degrees angle, put right heel out in front

HALF TURN, BRING FEET TOGETHER AND TWIST HEELS, SIDE SHUFFLE, FULL TURN, 4 SWIVELS

- &1-2-3&4 Bring right together, step forward on left, ½ pivot turn over right shoulder, bring left together, twist heels left - center (weight on right)
- 5&6-7-8 Side shuffle left going left-right-left, rock right behind left at a 45 degrees angle, rock weight on left
- 1-2-3&4 Full turn going over left shoulder stepping right left, shuffle forward right-left-right
- 5&6-7&8 Touch left toe back and tap twice, scuff left forward, step forward on left, touch right beside left, tap twice

REPEAT

TAG

At the end of the 3rd wall

SIDE SHUFFLE, ROCK BACK ROCK FORWARD (TO THE LEFT AND RIGHT)

- 1&2-3-4 Side shuffle right-left-right, rock left behind right at a 45 degrees angle, rock weight on right,
- 5&6-7-8 Side shuffle left-right-left, rock right behind left at a 45 degrees angle, rock weight on left
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