

Rise

拍數: 32 牆數: 4 級數: Beginner
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音樂: Rise (Sing It Loud) - Caroline Jones



TAGS: 12 count: 3° wall after 16 count, 5° wall after 20 count

(1) ROCK STEP R / COASTER STEP / ROCK STEP L / COASTER STEP

1-2 step right forward - recover
3&4 step right back - together - step right forward
5-6 step left forward - recover
7&8 step left back - together - step left forward

(2) HEEL R ¼ TURN / COASTER STEP / HEEL L ¼ TURN / COASTER STEP

1-2 heel right - ¼ turn (h. 3,00)
3&4 step right back - together - step right forward
5-6 heel left - ¼ turn (h. 12,00)
7&8 step left back - together - step left forward

(3) SHUFFLE R / SHUFFLE L / ROCK STEP R / SHUFFLE BACK R

1&2 step right forward - together - step right forward
3&4 step left forward - together - step left forward
5-6 step right forward - recover
7&8 step right back - together - step right back

(4) SHUFFLE BACK L / ROCK BACK / STEP R / ¾ TURN / STOMP X 2

1&2 step left back - together - step left back
3-4 step right back - recover
5-6 step right forward - ¾ turn
7-8 stomp right - stomp left

TAG

1-2 big step right side - stomp up
3-4 ¼ turn big step left side - stomp up
5-6 ¼ turn big step right side - stomp up
7-8 ¼ turn big step left side - stomp up

1-2 ¼ turn big step right side - stomp
3-4 hold