



Approved by:



Rise & Shine

4 WALL – 64 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 3 – 4 5 – 6 7 – 8	Back Rock, 1/4 Turn, Brush, Step, Pivot 1/2, Step, Brush Rock right back turning body slightly right. Recover onto left. Step right slightly right making 1/4 turn right. Brush left forward. Step left forward. Pivot 1/2 turn right. Step left forward. Brush right forward.	Rock Back Quarter Brush Step Pivot Step Brush	On the spot Turning right Forward
Section 2 1 – 4 5 – 8	Forward Lock Step, Brush (x 2) Step right forward. Lock left behind right. Step right forward. Brush left forward. Step left forward. Lock right behind left. Step left forward. Brush right forward.	Right Lock Right Brush Left Lock Left Brush	Forward
Section 3 1 – 4 5 – 6 7 – 8	Step, Pivot 1/4, Cross, Hold, 1/4 Turn x 2, Cross, Hold Step right forward. Pivot 1/4 turn left. Cross right over left. Hold. Step left to left side turning 1/4 right. Step right back turning 1/4 right. Cross left over right. Hold.	Step Pivot Cross Hold Quarter Quarter Cross Hold	Turning left Turning right Right
Section 4 1 – 2 3 – 4 5 – 6 7 – 8	Side Rock, Weave 1/4 Turn, Step, Pivot 3/8 Rock right to right side. Recover onto left. Cross right over left. Step left to left side. Cross right behind left. Step left to left side turning 1/4 left. Step right slightly forward. Pivot 3/8 turn left.	Side Rock Cross Side Behind Quarter Step Pivot	On the spot Left Turning left
Section 5 1 – 4 5 – 6 7 – 8	Forward, Hold (x 2), Forward Rock, Side Rock Step right forward. Hold. Step left forward. Hold. Rock right forward. Recover onto left. Rock right to right side. Recover onto left.	Right Hold Left Hold Forward Rock Side Rock	Forward On the spot
Section 6 1 – 4 5 – 6 7 – 8	Coaster Step, Brush, Step, Pivot 3/8, Cross, Kick Step right back. Step left beside right. Step right forward. Brush left forward. Step left forward. Pivot 3/8 turn right. Cross left over right. Kick right to right side (turning body slightly right).	Coaster Step Brush Step Pivot Cross Kick	On the spot Turning right Right
Section 7 1 – 2 3 – 4 5 – 6 7 – 8	Side, Hitch, Cross, Kick, Side, Hitch, Cross, Hitch Step right slightly to right. Hitch left knee slightly across right. Cross left over right. Kick right to right side. Step right slightly to right. Hitch left knee slightly across right. Cross left over right. Hitch right knee.	Side Hitch Cross Kick Side Hitch Cross Hitch	Right
Section 8 1 – 2 3 – 4 5 – 6 7 – 8	Side Rock, Cross, Hold, 1/4 Turn, 1/4 Turn, Cross, Kick Rock right to right side. Recover onto left. Cross right over left. Hold. Step left to left side turning 1/4 right. Step right back turning 1/4 right. Cross left over right. Kick right diagonally right.	Side Rock Cross Hold Quarter Quarter Cross Kick	On the spot Left Turning right Right
Tag 1 – 2 3 – 4 5 – 8 9 – 12 13 – 16	End of Walls 2, 4 and 6: Monterey x 2, Step/Drag, Heel Twists Change count 64 (kick) to a Hold in place, then: Point right toe right. Turn 1/2 right stepping right beside left. Point left toe left. Step left beside right. Repeat counts 1 - 4, touching left beside right on count 8. Step left large step to left, dragging right beside left for 3 counts. Twist heels right, left, right, left - diagonally kicking right and turning slightly right.	Point Turn Point Together Monterey Turn Side Drag Heel Twists	Turning right On the spot Turning right Left On the spot
Ending	Dance finishes on count 37 - stomp right forward, with hands out to side.		

Choreographed by: Simon Ward (AU) October 2012

Choreographed to: 'Rise & Shine' by Si Cranstoun (167 bpm) from CD Single; **FREE** download version by Glenn Rogers available for Linedancer subscribers from www.linedancermagazine.com (start on vocals)

Tag: A 16-count Tag is danced after Walls 2, 4 and 6



A video clip of this dance is available at www.linedancermagazine.com