

## Hi Rise

32 Count, 4 Wall, Intermediate level

Choreographer: F X 4 (USA) Jan 06

Choreographed To: S.O.S. by Rihanna, CD Single  
(109 bpm); Banaza (Belly Dancer) By Akon; Teaching  
track: Run It by Chris Brown

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### **½ R Pivot, ½ R Step L, Side Shuffle R, Triple 1 1/2 Left, Behind-Side-Cross Heel Touch**

- 1,2& Step forward L, turn ½ right (6:00) stepping R in place, turn ½ right (12:00) stepping L next to R  
3&4 Shuffle to right side stepping R, L, R  
5&6 Turn ½ left stepping L to left side, turn ½ left stepping R to right side, turn ½ left stepping L to left side (6:00)  
7&8 Step R behind L, step L to left side, cross touch R heel over L

### **¼ L Grind, 2 Steps Back, ¼ L Crossing Shuffle, Cross Heel ¼ L Grind, ½ R On R**

- 1,2,3 Grind ¼ left (3:00) on R heel stepping onto L, step back on R, step back on L  
&4&5 Turn ¼ left (12:00), cross step R over L, step L to left side, cross step R over L  
&6 Step L to left side, cross touch R heel over L  
7,8 Grind ¼ left (9:00) on R heel stepping onto L, turn ½ right stepping on R (3:00)

### **2 Kick-Ball-Changes Traveling R, ½ R Sailor Step, Side Shuffle R**

- 1&2,3&4 Kick L diagonally across R, step L next to R, step R to right side, repeat  
5&6 Step L behind R, turn ¼ right stepping R to right side, turn ¼ right stepping L to left side (9:00)  
7,8 Shuffle to right side stepping R, L, R

### **¼ R Sailor With "Joey", Reverse Cross-Unwind, Behind, Side-Cross, ¼ L Knee Pop**

- 1&2 Step L behind R, turn ¼ right (12:00) stepping R to right side, step L to left side  
&3&4 Rock on R back behind L, recover on L, step R to right side, touch L toe behind R heel  
5,6 Unwind one full turn left weight ending on L, step diagonally back on R traveling to the left  
7&8 Step L to left side, cross step R over L, turn ¼ left (9:00) bring L toe next to R and popping L knee
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