



Web site: [www.linedancermagazine.com](http://www.linedancermagazine.com)

E-mail: [admin@linedancermagazine.com](mailto:admin@linedancermagazine.com)

## All Rise

Phrased, Intermediate/Advanced level

Choreographer : Charlene Becky (UK)

August 2001

Choreographed to : All Rise by Blue, Now 49

---

Note: 16 Count intro (start on vocals)

SEQUENCE: AA B AA BRIDGE B A B to end

The music will guide you. A is the Verse. B is the chorus

### Part A (32 counts)

#### Forward right, left,, right sailor, Back left, right, left sailor

- 1 – 2 Step forward right. Step forward left
- 3 & 4 Cross right behind left. Step left to left. Step right in place
- 5-6 Step back left. Step back right
- 7 & 8 Cross left behind right. Step right to right. Step left in place

#### Step side together, cross unwind ½ left with heel bounces x 2

- 9 – 10 Step right to right. Step left beside right
- 11 & 12 Cross right over left. Unwind 1 / 2 turn left raising and lowering heels twice
- 13-14 Repeat counts 9-10
- 15&16 Repeat counts 11 & 12

#### Step forward together, kick-back-together, kick-back-together, right shuffle forward

- 17-18 Step forward right. Step left beside right
- 19 & 20 Kick right forward. Step back onto right. Step left beside right
- 21 & 22 Repeat counts 19 & 20
- 23-24 Step forward right. Close left beside right. Step forward right

#### Walk, walk, side rock and together, walk, walk, side rock and touch

- 25-26 Step forward left. Step forward right
- 27 & 28 Rock side left. Recover onto right. Step left beside right
- 29-30 Step forward right. Step forward left
- 31 & 32 Rock side right. Recover onto left. Touch right next to left

### Part B (32 counts)

#### Back together, Step pivot ½ step, Forward together, Step pivot ½ step

- 1-2 Step back right. Step left next to right
- 3 & 4 Step forward right. Pivot 1 / 2 turn left. Step forward right
- 5-6 Step forward left. Step right next to left
- 7 & 8 Step forward left. Pivot 1 / 2 turn right. Step forward left

#### Body roll, Coaster step, Body roll, Triple step ½ turn right

- 9-10 Body roll up
- 11 & 12 Step back left. Step right next to left. Step forward left
- 13-14 Body roll up
- 15 & 16 Triple step 1 / 2 turn right stepping right, left, right

#### Side touch, Side, together, forward. Side, touch, side, together, back

- 17-18 Step left to left. Touch right next to left.
- 19 & 20 Step right to right. Step left next to right. Step forward right
- 21-22 Step left to left. Touch right next to left
- 23 & 24 Step right to right. Step left next to right. Step back right

**Dip down and up, touch, touch, step back, dip down and up, touch in, out, in**

- 25-26 Dip knees down and back up transferring weight forward onto left foot  
27 & 28 Touch right behind left. Touch right back to right diagonal. Step right slightly behind left  
29-30 Dip knees down. Straighten knees transferring weight forward onto left  
31 & 32 Touch right behind left. Touch right back to right diagonal. Touch right next to left

**BRIDGE: (8 Counts)**

**Side right together, shuffle forward, side left, together, shuffle back**

- 1-2 Step right to right. Step left next to right  
3 & 4 Step forward right. Close left beside right. Step forward right  
5-6 Step left to left. Step right next to left  
7 & 8 Step back left. Close right beside left. Step back left

GOOD LUCK AND HAVE FUN!!