

All Rise 'n' Dance

Phrased, 80 Count, 2 Wall, Intermediate

Choreographer: Mary E Richardson (Scotland UK) March 2013

Choreographed to: All Rise by Blue

Danced In 2 Parts A & B – With 8 Count Tag on 3rd Wall Facing Back

(A)**1 Walk-walk – Rock & Cross – Syncopated Weave – Rock & Cross**

- 12 Walk forward on right, walk forward on left
3&4 Step right to right side, rock onto left foot, cross right over left
5& Step left to left side, step right behind left
6& Step left to left side, cross right over left
7&8 Step left to left side, rock onto right in place, cross left over right

2 Long Step Right Side – Slide Left To Right – (Shimmy) Kick Ballchange – Long Step Right side – Slide Left To Right, Coaster Step ¼ Turn Right

- 12 Take a long step right to right side, slide left up next to right
3&4 Kick right forward, step ball of foot next to left, step left in place
56 Take a long step right to right side, slide left up next to right
7&8 Step back right making ¼ turn right, step left beside right, step right forward

3 Step Cross – Side Touch – Step Cross – Step Back – Step left in place – Step Cross – Side Touch – Step Cross – Step Back – Step Left in Place

- 12 Step left across right, touch right out to right side
3&4 Cross right over left, step left back, step right in place
56 Step left across right, touch right out to right side
7&8 Cross right over left, step left back, step right in place

4 Shuffle Back x2 – Step Back – Step Forward ¼ Turn Right – Shuffle Forward

- 1&2 Shuffle back left, right, left
3&4 Shuffle back right, left, right
56 Step left back, step forward right making ¼ turn right
7&8 Shuffle forward, left, right, left

Tag Danced at the end of 3rd Wall Facing Back Wall.

- 1&2 Shuffle forward right, left, right
3&4 Shuffle forward, left, right, left
5&6 Shuffle forward right, left, right
7&8 Shuffle forward left, right, left.

(B) Starts On 7th Wall) Is danced only once facing front**Walk Walk, Rock & Cross -Syncopated Weave – Rock & Cross**

- 12 Walk forward on right, walk forward on left
3&4 Step right to right side, rock onto left foot, cross step right over left
5& Step left to left side, step right behind left
6& Step left to left side, cross step right over left
7&8 Step left to left side, rock onto right, cross step left over right

Walk Forward x3 & Touch Heel Forward – Walk Back x3 Heel Touch

- 1234 Walk forward, right, left, right, Touch left heel forward
5678 Walk back, left, right, left, touch right heel Forward

Walk Forward x 3 -Touch Heel Forward – Walks Backward x3 – Heel Touch

- 1234 Walk forward, right, left, right, touch left heel forward
5678 Walk backward left, right, left, touch right heel forward

Ballchange - Step -Heel Touch Diagonal Forward – Ballchange – Step – Heel Touch – Diagonal Forward – Syncopated Jazz Box

- &1&2 Step right slightly behind left, step left in place, touch left heel out to left diagonal
&3&4 Step left slight behind right, step right in place, touch right heel out to right diagonal
&5&678 Step right, cross left over right, step back left, step left to left side, close right to left
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**Ballchange – Step -Heel Touch Diagonal Forward – Ballchange – Step - Heel Touch –
Diagonal Forward – Syncopated Jazz Box**

- &1&2 Step right slightly behind left, step left in place, touch left heel out to left diagonal
&3&4 Step left slightly behind right, step right in place, touch right heel out to right diagonal
&5678 Step right, cross left over right, step back left, step left to left side, close right to left

Restart from Beginning. Section (A) Until End of Music