

Rise & Fall

32 count, 2 wall, intermediate level

Choreographer: Masters In Line (UK) Aug 2007
Choreographed to: Rise And Fall by Craig David &
Sting (84 bpm) CD Single

STEP FORWARD, TURN ½ BACK LOCK, SWEEP, BEHIND SIDE CROSS ROCK, ¼, ½, ¼ SIDE

- 1-2& Step left forward, turn ½ left and step right back, lock left over right (6:00)
3-4& Step right back, sweep left front to back and cross left behind right, step right to side
5-6& Cross/rock left over right, recover onto right, turn ¼ left and step left forward (3:00)
7-8 Turn ½ left and step right back, turn ¼ left and step left to side (6:00)

STEP FORWARD, TURN ½ BACK LOCK, SWEEP, BEHIND SIDE CROSS ROCK ¼, ½, ½

- 1-2& Step right forward, turn ½ right and step left back, lock right over left (12:00)
3-4& Step left back, sweep right front to back and cross right behind left, step left to side
5-6& Cross/rock right over left, recover onto left, turn ¼ right and step right forward (3:00)
7-8 Turn ½ right and step left back, turn ½ right and step right forward (3:00)

SIDE, BEHIND SIDE CROSS ROCK, BACK & ROCK, BACK & CROSS UNWIND SWEEP

- 1 Step left to side
2&3 Cross right behind left, step left to side, cross/rock right over left
4&5 Recover onto left, step right to side, cross/rock left over right
6&7 Recover onto right, step left to side, turn 1/8 left and cross right over left (1:30)
8 Unwind a full turn left and sweep left front to back
Weight stays on right. End up facing left diagonal (1:30)

STEP BACK, BACK TURN ½ SIDE, BEHIND SWEEP BEHIND ¼, ROCK & ½, TURN ¾

- 1 Step left back
2&3 Step right back, turn ½ left and step left forward (7:30), turn 1/8 left and step right to side (6:00)
4&5 Cross left behind right, sweep right front to back and cross right behind left,
turn ¼ left and step left forward
6&7 Rock right forward, recover onto left, turn ½ right and step right forward
8& Turn ½ right and step left back, turn ¼ right and step right to side