

Rise & Shine

40 count, 2 wall, intermediate level

Choreographer: Caz Mawby (UK) April 2005

Choreographed to: Rise by Gabrielle, Rise CD or Now
45 CD (80 bpm)

16 count intro (just before vocals)

**1-8 BACK ROCK RECOVER 1/2 TURN, BACK ROCK RECOVER 1/4 TURN,
BACK ROCK RECOVER SIDE, SWEEP CROSS BACK SIDE**

1&2 Rock back onto left recover weight on right 1/2 turn right stepping back on left

3&4 Rock back onto right recover weight on left 1/4 turn left stepping right to side

5&6 Rock back onto left recover weight on right step left to side

7&8 Sweeping right in front of left cross right over left step back on left step right to side

**9-16 BACK ROCK STEP FORWARD, STEP PIVOT 3/4 TURN LEFT SIDE STEP, BEHIND SIDE
CROSS, SWAY X 2**

1&2 Rock back onto left recover weight on right step forward on left

3&4 Step forward onto right pivot 3/4 turn left step right to side

5&6 Cross left behind right step right to side cross left over right

7-8 Stepping right to side sway hips right sway hips left

17-24 BEHIND SIDE CROSS, 1/4 TURN, 1/4 TURN CROSS, 1/4 TURN, 1/4 TURN CROSS, SWAY X 2

1&2 Cross right behind left step left to side cross right over left

3&4 Make a 1/4 turn right stepping back on left, Make a 1/4 turn stepping right to side cross left over right

5&6 Make a 1/4 turn left stepping back on right, Make a 1/4 turn left stepping left to side cross right over left

7-8 Stepping left to side sway hips left sway hips right

**25-32 BACK ROCK RECOVER 1/4 TURN LEFT, STEP PIVOT 1/2 TURN STEP
TRIPLE FULL TURN FORWARD, SIDE ROCK RECOVER 1/4 TURN LEFT**

1&2 Rock back onto left recover weight 1/4 turn left stepping forward on left

3&4 Step forward onto right pivot 1/2 turn left step forward onto right

5&6 Triple full turn forward 1/2 turn stepping back on left 1/2 turn stepping forward on right step forward on left

7&8 Rock right out to side recover weight 1/4 turn left step forward on right

**33-40 HEEL SWITCHES X 2, PLACE, STEP PIVOT 1/2 TURN STEP
HEEL SWITCHES X 2, PLACE, STEP PIVOT 1/2 TURN STEP**

1&2& Touch left heel forward step left next to right touch right heel forward step right next to left

3&4 Step forward onto left pivot 1/2 turn right step forward on left

5&6& Touch right heel forward step right next to left touch left heel forward step left next to right

7&8 Step forward onto right pivot 1/2 turn left step forward on right