

**Rise Like A Phoenix**

INTERMEDIATE

32 Count 4 Walls

Choreographed by: Hans Palm

Choreographed to: Rise Like A Phoenix by Unknown

**S1: STEP SWEEP WEAVE, STEP SWEEP WEAVE, ROCK FW & RECOVER 1/4 R, TURN 1/4 R & FULL TURN R**

1,2 & Step R forward as you sweep L out to front (1), cross L over R (2), step R to R side (&)  
3,4 & Step L behind R as you sweep R to back (3), step R behind L (4), step L to L side (&)  
5,6 Rock forward on R (5), recover back on L while turning 1/4 R (6) 3:00  
7 & 8 & Turn 1/4 R stepping on R (7), turn 1/2 R on L (&), turn 1/2 R on R (8), step forward on L (&) 6:00

**S2: SPIRAL TURN R ON L, STEP R FW & CROSS SHUFFLE BACK, R BACK & ROCK L BACK, RECOVER & CROSS SHUFFLE FW**

1,2 Spiral turn R on L (1), step forward on R (2) Note: Easy options to spiral turn after section 4 below  
3,4 & Step forward on L (3), step R behind L (4), cross L over R moving backwards (&)  
5,6 Step back on R (5), rock back on L (6)  
7,8 & Recover on R (7), step forward on L (8), step R behind L (&)

**S3: L FORWARD & R SCISSOR STEP, L TO SIDE & R NEXT TO L, LEAN L FORWARD & HOLD + WEIGHT SHIFT L NEXT TO R, ROCK R FW & RECOVER 1/4 R**

1,2 & Step L forward (1), step R to R side (2), step L next to R (&)  
3,4 & Cross R over L (3), step L to L side (4), step R next to L (&)  
5 - 6 & Lean forward on L, weight on both feet (5), hold (6), step L next to R shifting all weight to L (&)  
7,8 Rock forward on R (7), recover back on L while turning 1/4 R (8) 9:00

**S4: TURN 1/4 R + 1/2 R, TURN 1 1/4 R, ROCK L OVER R & RECOVER, FULL CHASE TURN L**

1,2 Turn 1/4 R on R (1), turn 1/2 R on L (2) 6:00  
3 & 4 Turn 1/4 R on R (3), Turn 1/2 R on L (&), Turn 1/2 R on R (4) 9:00  
5,6 Rock L over R (5), recover on R (6)  
7 & 8 Turn 1/4 L on L (7), turn 1/4 L on R (&), turn 1/2 L on L (8) 9:00

**Easy options to spiral turn in Section 2****S1: Skip last & after count 8****S2: WALK, WALK or FULL TURN**

1,2 Walk L (1), walk R (2) or  
1,2 Turn 1/2 R on L (1), Turn 1/2 R on R (2)

**TAGS/RESTARTS**

**Wall 2 (starting 9:00):** After rock back (6) in section 2, walk R (7) and L (8) while turning 1/4 R, restart with wall 3 at 6:00

**Wall 4 (starting at 3:00):** After rock forward (5) and back with 1/4 turn R (6) in section 1, walk R (7) and L (8) while turning 1/4 R, restart with wall 5 at 9:00

**Wall 6 (starting at 6:00):** After rock forward (5) and back with 1/4 turn R (6) in section 1, walk R (7) and L (8) while turning 1/4 R, restart with wall 7 at 12:00

**Wall 8 (starting at 9:00):** After rock back (6) in section 2 when music slows down, walk R (7) and step L next to R (8), restart with wall 9 at 3:00

**ENDING (wall 10, starting at 12:00)**

Music slows down in section 1 but starts at normal tempo again after count 5 in section 1 (adapt to tempo), continue to count 4& in section 2, then turn  $\hat{A}1\frac{1}{2}$  left to 12:00, bend knees and lower body at the end of the long "flame" in the lyrics and then Rise Like A Phoenix with arms sweeping up and circular to the sides