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## Rise 'n Shine

32 Count, 2 Wall, Improver

Choreographer: Johnny Sheehan (UK) April 2012  
Choreographed to: Es Una Lata by Banda Caliente,  
CD: Playa Total 8

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Intro...32 Counts

**1-8 Rock-Recover, Triple-Step, Weave R, Point:**

1-2 Cross-rock R over L, Recover on L

3&4 Triple-step on the spot R, L, R

5-8 Cross-step L over R, Step R to R side, Step L behind R, Point R to R side

**9-16 Cross, Sweep, Cross, 1/4 Turn L, Chasse L, Rock-Recover:**

1-2 Cross-step R over L, Sweep L round from back over R

3-4 Cross-step L over R, Step R back into 1/4 turn L (9)

5&6 Step L to L side, Step L beside R, Step L to L side

7-8 Rock-step R over L, Recover on L

**17-24 Step-Flick, Cross Shuffle, Step X2, Shuffle 1/4 Turn R:**

1-2 Step R slightly to R, Flick L back

3&4 Cross-step L over R, Step R to R side, Cross-step L over R

5-6 Step R to R side, Step L behind R

7&8 Shuffle 1/4 turn R stepping R,L,R (12)

**25-32 Step, Pivot 1/2 Turn R, Hips Shakes X2, Kick-Ball-Point:**

1-2 Step L fwd, Pivot 1/2 turn R (6)

3&4 Step L fwd shaking hips fwd-back-fwd

5&6 Step R fwd shaking hips fwd-back-fwd (weight ends on R)

7&8 Kick L fwd, Step L in place, Point R to R side

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Music download available from iTunes

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