

## Rise 'n' Shine

64 count, 4 wall, beginner/intermediate level  
Choreographer: Gaye Teather (UK) Aug 2005  
Choreographed to: Wake Up Little Susie by the  
Everlys Experience (Colin Fidoe & Geoff Bate)(174  
bpm) CD: Release Me

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32 count intro. Start dance on vocals

### **Right Side heel strut. Cross strut. Side rock. Cross. Hold**

- 1 – 2 Step Right heel to Right side. Drop Right toe to floor  
3 – 4 Cross Left heel over Right foot. Drop Left toe to floor  
5 – 8 Rock Right to Right side. Recover onto Left. Cross Right over Left. Hold

### **Left side heel strut. Cross strut. Side rock. Cross. Hold**

- 1 – 2 Step Left heel to Left side. Drop Left toe to floor  
3 – 4 Cross Right heel over Left foot. Drop Right toe to floor  
5 – 8 Rock Left to Left side. Recover onto Right. Cross Left over Right. Hold

### **Side. Close. Back. Hold. Side. Close Quarter turn Left. Hold**

- 1 – 4 Step Right to Right. Step Left beside Right. Step back on Right. Hold  
5 – 6 Step Left to Left side. Step Right beside Left.  
7 – 8 Turn Quarter Left stepping forward Left. Hold (*Facing 9 o'clock*)

### **Side. Close. Back. Hold. Coaster step. Hold**

- 1 – 4 Step Right to Right side. Step Left beside Right. Step back on Right. Hold  
5 – 8 Step back on Left. Step Right beside Left. Step forward on Left. Hold

### **Step. Half turn Left. Step. Hold. Triple Full turn Right. Hold**

- 1 – 4 Step forward on Right. Pivot Half turn Left. Step forward on Right. Hold  
5 – 8 Triple full turn Right stepping Left, Right, Left (*travelling slightly forward*) (*Facing 3 o'clock*)  
**Option:** *Steps 5 – 8 can be replaced with a Left lock step forward*

### **Side. Touch. Quarter Left. Touch. Quarter Left. Touch. Side. Touch**

- 1 – 2 Step Right to Right side. Touch Left toe slightly behind Right foot  
3 – 4 Turn Quarter Left stepping Left to Left. Touch Right toe slightly behind Left foot  
5 – 6 Turn Quarter Left stepping Right to Right side. Touch Left toe slightly behind Right foot  
7 – 8 Step Left to Left side. Touch Right toe slightly behind Left foot (*facing 9 o'clock*)

### **Right cross rock. Side. Hold. Left cross rock. Side. Hold**

- 1 – 4 Cross rock Right over Left. Recover onto Left. Step Right to Right side. Hold  
5 – 8 Cross rock Left over Right. Recover onto Right. Step Left to Left side. Hold

### **Cross. Back. Side. Hold. Cross. Side. Cross. Hold**

- 1 – 4 Cross Right over Left. Step back on Left. Step Right to Right side. Hold  
5 – 8 Cross Left over Right. Step Right to Right. Cross Left over Right. Hold

**Start again**

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