

Rise Up

Web site: www.linedancermagazine.com

64 count, 4 wall, intermediate level Choreographer: Chris Jones (UK) July 2004 Choreographed to: Rise Up by Sunkids

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1-8	STEP FORWARD, FORWARD, BACK TAP TAP, BACK, BACK, FORWARD, TAP TAP
1-2	STEP FORWARD ON RIGHT, STEP FORWARD LEFT, (shoulder width apart)
3&4	STEP BACK ON RIGHT AND TAP LEFT TOE TWICE TRAVELLING TOWARDS RIGHT,
5-6	STEP BACK ON LEFT, STEP BACK ON RIGHT, (shoulder width apart)
7&8	STEP FORWARD ON LEFT, AND TAP RIGHT TOE TWICE TRAVELLING TOWARDS LEFT,
9-16 9&10 11&12 13-14 15&16	KICK BALL STEP, RIGHT SHUFFLE, STEP TURN ¼ R, KICK BALL STEP TO SIDE, KICK RIGHT FORWARD, STEP ON RIGHT, STEP FORWARD ON LEFT, TRIPLE STEP FORWARD RIGHT, LEFT, RIGHT, STEP LEFT FORWARD, TURN ¼ TO RIGHT STEPPING RIGHT TO SIDE, KICK LEFT TO RIGHT DIAGNAL, STEP LEFT NEXT TO RIGHT, STEP RIGHT TO RIGHT SIDE
17-24	CROSS ROCK AND SIDE SHUFFLE X2,
17-18	ROCK LEFT ACROSS FRONT OF RIGHT, ROCK BACK ON RIGHT,,
19&20	STEP SIDE TOGETHER SIDE TO LEFT STEPPING LEFT, RIGHT, LEFT,,
21-22	ROCK RIGHT ACROSS FRONT OF LEFT, ROCK BACK ON LEFT,
23&24	STEP SIDE TOGETHER SIDE TO RIGHT STEPPING RIGHT, LEFT, RIGHT,
25&26 &27&28 &29&30	HEEL SWITCHES AND DOUBLE CLAP X2, PUT LEFT HEEL FORWARD AND REPLACE, PUT RIGHT HEEL FORWARD, PUT LEFT HEEL FORWARD, CLAP CLAP, REPLACE LEFT, PUT RIGHT HEEL FORWARD, REPLACE, PUT LEFT HEEL FORWARD, REPLACE LEFT, PUT RIGHT HEEL FORWARD, CLAP CLAP, STEP RIGHT NEXT TO LEFT,
	STEP STEP KICK, CROSS AND STEP X2, STEP LEFT IN PLACE, STEP RIGHT IN PLACE, STEP LEFT IN PLACE, KICK RIGHT FORWARD CROSS RIGHT ACROSS LEFT, STEP LEFT TO LEFT, STEP RIGHT TO RIGHT SIDE, CROSS LEFT ACROSS RIGHT, STEP RIGHT TO RIGHT, STEP LEFT TO LEFT SIDE,
ROCK F	ROCK FORWARD BACK & FULL TURN TRIPLE STEP,, ROCK FORWARD BACK, COASTER ROCK FORWARD ON RIGHT ROCK BACK ON LEFT, DO FULL TURN TO RIGHT DOING A RIGHT TRIPLE STEP, (or do a triple step in place) ORWARD ON LEFT BACK ON RIGHT, STEP BACK LEFT STEP RIGHT NEXT TO LEFT, STEP FORWARD ON LEFT,
49-56	WALK RIGHT LEFT TURN ½ TO RIGHT STEP FORWARD LEFT X2,
49-50	WALK FORWARD RIGHT LEFT,
51-52	TURN ½ TO RIGHT STEPPING ON RIGHT STEP FORWARD LEFT,
53-56	REPEAT STEPS 49-52,
57-64	CROSS ROCK & SIDE SHUFFLE X2,
57-58	ROCK RIGHT ACROSS FRONT OF LEFT, ROCK BACK ON LEFT,
59&60	STEP SIDE TOGETHER SIDE TO RIGHT STEPPING RIGHT, LEFT, RIGHT,
61-62	ROCK LEFT ACROSS FRONT OF RIGHT, ROCK BACK ON RIGHT,
63&64	STEP SIDE TOGETHER SIDE TO LEFT STEPPING LEFT, RIGHT, LEFT