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Weigh, Hey And Up She Rises

32 Count, 4 Wall, Beginner

Choreographer: Maryloo (FR) Oct 2015

Choreographed to: Weigh, Hey and Up She Rises by
The Irish Roves

Intro: 24 counts (12 seconds)

BRUSH, CROSS BRUSH, BRUSH, HITCH, TOGETHER (2X)

1-2 Brush R forward, brush R across L,
3&4 Brush R forward, Hitch R Knee, R next to L.
5-6 Brush L forward, brush L across R,
7&8 Brush L forward, Hitch L Knee, step L next to R.

Option: You can make a « hop » at the same time you make a « hitch » !

BRUSH, CROSS BRUSH, BRUSH, HITCH, TOGETHER, FULL TURNING VOLTA STEP L.

1-2 Brush R forward, brush R across L,
3&4 Brush R forward, Hitch R Knee, step R next to L.
5& Make ¼ turn L and step L forward, lock R behind L.
6& Make ¼ turn L and step L forward, lock R behind L
7& Make ¼ turn L and step L forward, lock R behind L
8 Make ¼ turn to L and step L. forward (12.00)

CROSS ROCK, SIDE SHUFFLE TO R., CROSS ROCK, SIDE SHUFFLE ¼ TURN L.

1-2 Cross R over L, recover on L
3&4 Step R to right, step L next to R., step R to right
5-6 Cross PG over PD, recover on R.
7&8 Step L to left, step R next to L., make ¼ turn to L and step L forward (9.00)

PIVOT ½ TURN L.,SHUFFLE FORWARD, FULL TURN TO RIGHT, STOMP L, STOMP-UP R.

1-2 Step R forward, pivot ½ turn to L (weight on L)
3&4 Step R forward, step L next to R, step R forward
5-6 Make ½ turn to R and step L behind, make ½ turn to R and step R forward
7-8 Stomp L in place, stomp -up R in place (3.00)

Easy Option : 5-6 : Step L forward, step R forward