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## All Rise

128 Count, 2 Wall, Intermediate (Phrased)  
Choreographer: Flat Guo & Yanzi Zhang (CN) Mar 2016  
Choreographed to: All Rise by Blue

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**Intro: 32 counts - Sequence: A/B/T/A/B/C/B/B/B**

### Part A: 64 counts

**A(1-8) Long Step, Towards, L side, Sway, Cross, R side, Sway, Cross, Hold, L side**

1-2 Long step R to R, Step L towards R  
3&4 Step L to L, Sway R to R, Cross L over R  
5-6 Step R to R, Sway L to L  
7-8& Cross R over L, Hold, Step L to L

**A(9-16 ) Cross, Hold, L side, Cross shuffle, Behind, Turn and forward, Forward, Touch**

1-2 Cross R over L, Hold,  
&3&4 Step L to L, Cross R over L, Step L to L, Cross R over L  
5-6 Step L behind R, 1/4 turn R stepping R forward  
7-8 Step L forward, Touch R beside L

**A(17-24) Rock chair step, R side, Hold, Beside, R side, Beside**

1-2-3-4 Rock R forward, Recover on L, Rock R back, Recover on L  
5-6 Step R to R, Hold,  
&7-8 Step L beside R, Step R to R, Step L beside R

**A(25-32) Rock, Recover, 1/2 turn R forward, Hold, Pivot full turn, Forward, Touch**

1-2-3-4 Rock R forward, Recover on L, 1/2 turn R stepping R forward, Hold  
5-6 Step L forward, Pivot full turn stepping R forward  
7-8 Step L forward, Touch R beside L

**A(33-40) Rock, Recover, Back then Bend(X4), 1/2 turn L, Sweep**

1-2 Rock R forward, Recover on L  
3&4& Step R back, Bend L, Step L back, Bend R  
5&6 Step R back, Bend L, Step L back bending R  
7-8 Step R in place, 1/2 turn L sweeping L to back

**A(41-48) R Grapevine kick, Rolling vine and kick**

1-2 Step L back, Step R to R  
3-4 Cross L over R, Kick R diagonal  
5-6 Step R back, 1/2 turn L stepping L forward  
7-8 Step R to R, Kick L cross over R

**A(49-56) Cross, Bend, Back, Kick, Touch, Back, Forward, Hold**

1-2 Cross L over R, Bend R and touch behind L  
3-4 Step R back, Kick L cross R  
5-6 Touch L behind R turning 1/4 L, Step R back  
7-8 Step L forward, Hold

**A(57-64) Rock, Recover, Back shuffle, Sweep, Back, Forward, Pivot turn L**

1-2 Rock R forward, Recover on L  
&3&4 Cross R over L, Step L back, Cross R over L, Step L back sweeping R to back  
5-6-7-8 Step R back, 1/4 turn L stepping L forward, Step R forward, 3/4 turn L

### Part B: 32counts

**B(1-8) R side, Behind, Vine, Beside, Cross, Recover, L side, Cross**

1-2 Step R to R, Cross L behind over R  
&3&4 Cross L over R, Step R to R, Cross L behind over R, Step R to R  
&5 Step R beside L, Cross L over R  
6-7-8 Recover on R, Step L to L, Cross R over L

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**B(9-16)**      **Dig L heel, 1/4 turn R and dig(X3), Dig R heel, 1/4 turn L and dig(X3)**  
1-2-3-4      Dig L heel diagonal, 1/4 turn R digging L heel diagonal, 1/4 turn R digging L heel diagonal,  
1/4 turn R digging L heel diagonal  
5-6-7-8      Dig R heel diagonal, 1/4 turn L digging R heel diagonal, 1/4 turn L digging R heel diagonal,  
1/4 turn L digging R heel diagonal

**B(17-24)**      **Cross, Hold, Vine step, L side, Behind, R side, Cross behind, R side**  
1-2      Cross R over L, Hold  
&3&4      Step L to L, Cross R behind over L, Step L to L, Cross R over L  
&5      Step L to L, Touch R behind over L  
6-7-8      Step R to R, Cross R behind L, Step R to R

**B(25-32)**      **Pivot turn R, Forward, Turn L and R back, Triple step, Rock ,Recover**  
1-2-3-4      Step L forward, Pivot turn 1/4 R, Step L forward, 1/4 turn L stepping R back  
5&6      1/4 turn L stepping L forward, Step R beside L, 1/4 turn L stepping L forward  
7-8      Rock R back, Recover on L

**Part C: 32counts**

**C(1-8)**      **Step forward diagonal(X4), Back,dig heel(X4)**  
1-2-3-4      Step R forward diagonal, Step L forward diagonal, Step R forward diagonal,  
Step L forward diagonal  
5&6&7&8      Step R back, Dig L heel forward, Step L back, Dig R heel forward, Step R back,  
Dig L heel forward, Step L back digging R heel forward

**C(9-16)**      **Side step, Sway, Sailor step, Coaster step**  
1-2      Step R to R, Sway L to L  
3&4      Step R back, Step L to L, Step R to R  
5&6      Step L back, Step R together, Step L forward  
7&8      Hold, Step R beside L, Step L forward

**C(17-24)**      **Toe switch, Heel switch, Strut step, Pivot turn L**  
1&2&      Point R to R, Step R beside L, Point L to L, Step L beside R  
3&4&      Dig R heel forward, Step R beside L, Dig L heel forward, Step L beside R  
5&6&      Touch R toe beside L, R heel down, Dig L heel forward, Step L beside R  
7-8      Step R forward, Pivot turn 1/2 L

**C(25-32)**      **Pivot 1/2 turn R, Forward, R, L, Pivot 1/4 turn L, Cross, Back**  
1-2      Scuff R to L diagonal, Step R cross over L  
3-4      Scuff L to R diagonal, Step L cross over R  
5-6      Rock R forward, Recover on L  
&7&8      Step R to R, Step L to L, Step R beside L, Cross L over R

**Have fun!**