

Rise

152 Count, 1 Wall, Advanced (Phrased)
Choreographer: Lam Lam (HK) Sept 2016
Choreographed to: Rise by Katy Perry.
Rio Olympics 2016 Theme Song

Track:	3:17m
Intro:	8 Counts
Sequence:	A, Tag, B, C, A32, B, C, B
Tag:	4 Counts, Sway R (1,2), Sway L (3,4) A32: Change the last 2 counts to ..Touch L behind R (7), Unwind 1/2L (8) Start Part B facing 12:00
Part A	56 Counts
Section 1	Back Drag, Coaster Step Sweep, Cross Back
1 2 3 4	Step R back dragging L towards R (1,2) Step L back(3), Step R tog(4)
5 6 7 8	Step L fwd sweeping R to front(5,6) Cross R over L(7), Step L back(8)
Section 2	Side Lunge 1/4L, Pivot 1/2L Fwd, Full Turn Right With Sweep
1 2 3 4	Lunge R to side (1,2), Recover 1/4L(3), Step R fwd(4) 9:00
5 6 7 8	Pivot 1/2L(5), Step R fwd(6), 1/2R Step L back(7), 1/2R Step R Fwd Sweeping L from back to front(8) 3:00
Section 3	Weave R Sweep, Sailor Cross Lunge Recover
1 2 3 4	Cross L over R(1), Step R to side(2), Cross L behind R (3) Sweeping R back(4) 3:00
5 6 7 8	Cross R behind L(5), Step L to side(6), Cross R over L diagonal Left(7), Recover on L (8) 1:30
Section 4	1/2R, L Fwd Rock, 1 + 1/8L Sweep Behind Side
1 2 3 4	1/2R Step R fwd(1), Rock fwd on L(2), Recover on R(3), 5/8L Step L fwd(4) 12:00
5 6 7 8	Step Pivot 1/2L (weight on RF) sweeping LF back (5,6), Step L behind R(7), Step R to side (8) 6:00
Section 5	Cross Unwind 3/4R, Step 3/4R Sway RLR & Touch
1 2 3 4	Cross L over R unwind 3/4 turn Right (1,2) (weight still on Lf) 3:00, Step R fwd (3), 1/2R Step L back (4) 9:00
5 6 7 8	1/4R Sway R to side,(5), Sway L to side(6), Sway R to side (7), Touch L beside R slightly bending your knees (8) 12:00
Section 6	1/2L, behind 1/4R, Pivot 3/4R Side Touch
1 2 3 4	1/4L Step L fwd(1), 1/4L Step R to side(2), Step L behind R(3) 1/4R Step R fwd(4) 9:00
5 6 7 8	Step L fwd(5), Pivot 3/4R (6), Step L to side (7), Touch R to L(8) 6:00
Section 7	Twinkle R,L, Mambo 1/2R Walk R L
1&2	Cross R over L(1), Step ball of LF to side(&), Step R in place (2)
3&4	Cross L over R(3), Step ball of RF to side(&), Step L in place (4)
5 6 7 8	Rock fwd on R(5), Recover onto L(6), 1/2R Walk fwd on R L (7,8) 12:00
Part B	32 Counts
Section 1	Side Behind 1/4R, Lock Step Together, Side Rock Together, Side Rock Hinge 1/2L Side
1 2&	Step R to side (1), Cross L behind R(2), 1/4R Step R fwd (&)
3 4&	Step L fwd diagonal L(3) Lock R behind L(4), Step L together(&) 3:00
5 6&	Rock R to side(5), Recover onto L(6), Step R together(&)
7 8&	Rock L to side(7), Recover onto R & hinge 1/2L (8), Step L to side(&) 9:00
Section 2	Cross Back Back, Cross Back 3/4L, Back Rock Sway L R Together
1 2&	Cross R over L(1), Step L back diagonal L (2), Step R back diagonal R(&)
3 4&	Cross L over R(3), Step R back (4), 1/2L Step L fwd (&) 3:00
5 6&	1/4L Step R to side(5), Rock Back on L(6), Recover onto R (&),
7 8&	Sway L to L side(7), Sway R to R side(8), Step L beside R (&) 12:00

Section 2	Cross Unwind 1/2L Fwd, Touch Unwind 3/4L Fwd, Touch Unwind 3/4L Fwd, Fwd Rock
1 2&	Cross R over L(1), Unwind 1/2L (2), Step R slightly fwd(&) 6:00
3 4&	LF touch behind RF(3), Unwind 3/4L (4), Step R fwd (&) 9:00
5 6&	LF touch behind RF (5), Unwind 3/4L (6), Step R fwd (&) 12:00
7 8	Rock fwd on L (7), Recover onto R (8) 12:00
Section 3	Back Sweep L R, Back Coaster Step, Pivot 1/2L Fwd, Pivot 1/2R Fwd
1 2	Step L back sweeping RF backward(1), Step R back sweeping LF backward (2)
3&4	Step L back (3), Step R beside L(&), Step L fwd(4)
5 6&	Step R fwd(5), Pivot 1/2L(6), Step R fwd (&) 6:00
7 8&	Step L fwd (7), Pivot 1/2R (8), Step L fwd (&) 12:00
Part C	64 Counts
Section 1	Side Behind 3/4R Sweep, Sailor Cross Rock Side
1 2 3 4	Step R to side(1), Step L behind R(2), 1/4R Step R fwd(3), 1/2R Step L back Sweep RF round to side(4) 9:00
5 6 7 8&	Cross R behind L(5), Step L to side(6), Cross Rock R over L(7), Recover Onto L(8), Step R to side (&) 9:00
Section 2	Cross Side Touch Unwind 1/2L, Fwd, Mambo Step, Full Turn Right
1 2 3 4	Cross L over R(1), Step R to side(2), Touch L behind R(3), Unwind 1/2L(4)
5 6&7	Step R fwd(5), Rock fwd on L(6), Recover onto R(&), Step L back(7)
8&	1/2R Step R fwd(8), 1/2R Step L back(&) 3:00
Section 3	1/4R Side Cross Side, Back Rock, Pivot 1/2R fwd & Press
1 2 3	1/4R Step R to side(1), Cross L over R(2), Step R to side(3) 6:00
4 5	1/8L Rock back on L facing 4:30 (4), Recover onto R (5) 4:30
6&7	Step L fwd (6), Pivot 1/2R(&), Step L fwd(7), 10:30
8	Press/Lunge fwd on R (8) 10:30
Section 4	Recover & Hitch RF, 1/8L Sailor Cross Side, Back Rock 1/4L, Back Rock
1 2&3	Recover onto L & Hitch Rf (1), Cross R behind L(2), 1/8L Step L to side(&), Cross R over L(3) 9:00
4 5 6&	Step L to side(4), Rock back on R(5), Recover onto L(6), 1/4L Step R back(&)
7 8	Rock Back on L(7), Recover onto R(8) 6:00
Section 5	Side Behind 3/4L Sweep, Sailor Cross Rock Side
1 2 3 4	Step L to side(1), Step R behind L(2), 1/4L Step L fwd(3), 1/2L Step R back Sweep LF round to side(4) 9:00
5 6 7 8&	Cross L behind R(5), Step R to side(6), Cross Rock L over R(7), Recover Onto R (8), Step L to side (&) 9:00
Section 6	Cross Side Touch Unwind 1/2R, Fwd, Mambo Step, Full Turn Left
1 2 3 4	Cross R over L(1), Step L to side(2), Touch R behind L(3), Unwind 1/2R(4)
5 6&7	Step L fwd(5), Rock Fwd on R(6), Recover onto L(&), Step R back(7)
8&	1/2L Step L fwd(8), 1/2L Step R back (&), 3:00
Section 7	1/4L Side Cross Side, Back Rock, Pivot 1/2L Fwd & Press
1 2 3	1/4L Step L to side(1), Cross R over L(2), Step L to side(3) 12:00
4 5	1/8R Rock back on R facing 1:30 (4), Recover onto L (5) 1:30
6&7	Step R fwd(6), Pivot 1/2L (&), Step R fwd (7) 7:30
8	Press/Lunge fwd on L (8) 7:30
Section 8	Recover & Hitch LF, 1/8R Sailor Cross Side, Back Rock 1/4R, Back Rock
1 2&3	Recover to R & Hitch LF (1), Step L behind R(2), 1/8R Step R to side(&) Cross L over R (3) 9:00
4 5 6&	Step R to side(4), Rock back on L(5), Recover onto R(6), 1/4R Step L back(&)
7 8	Rock back on R (7), Recover onto L (8) 12:00
