

Rise Like The Day

32 Count, 4 Wall, Intermediate

Choreographer: Malene Jakobsen (DK) Feb 2017

Choreographed to: Rise Up by Andra Day.

Album: Cheers To The Fall

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- Intro:** 2 counts from the beginning (no music but a sound a little like waves)
3 sec. seconds into track, dance begins with weight on L
- Note:** There is a restart on wall 3, you will be facing 6.00
- S1** **Fwd., Hitch 1/4, Cross, Side, Back Rock, 1/4, Back Rock, 1/4, 1/4, Cross Rock, 1/4, 1/8**
1-2& (1) Step fwd. on R hitching L making 1/4 turn R on ball of R, (2) cross L over R (&) step R to R 3.00
3-4& (3) Rock back on L, (4) recover onto R, (&) turn 1/4 R stepping back on L 6.00
5-6& (5) Rock back on R, (6) recover onto L, (&) turn 1/4 L stepping R to R 3.00
7&8 (7) Turn 1/2 L stepping L to L, (&) rock R across L, (&) recover onto L 9.00
&1 (&) Turn 1/4 R stepping fwd. on R, (1) turn 1/8 L stepping fwd. on L 10.30
- S2** **Lock Step, Fwd. Rock, 3/8, Point, 1/4 Sweep, Cross, Side, Back Rock, Sway R**
2&3 (2) Lock R behind L, (&) step fwd. on L, (3) rock fwd. on R 10.30
4&5 (4) Recover onto L, (&) turn 3/8 R stepping R to R, (5) point L to L 3.00
6-7 (6) Turn 1/4 L stepping fwd. on L sweeping R from back to front, (7) cross R over L 12.00
&8& (&) Step L to L, (8) rock back on R, (&) recover onto L 12.00
NOTE: The only restart is here you will be facing 6.00 – turn 1/4 and start from the beginning
- S3** **Sways, L Basic, Point, Run 3/4 R With Sweep, Cross, Side**
1-2& (1) Step R to R and sway, (2&) Sway L, R 12.00
3-4&5 (3) Step L to L, (4) rock back on R, (&) recover onto L, (5) point R to R 12.00
6&7 (6) Turn 1/4 R stepping down on R, (&) turn 1/4 R stepping fwd. on L, (7) turn 1/4 stepping fwd. on R sweeping L from back to front 9.00
8& (8) Cross L over R, (&) step R to R 9.00
- S4** **Back Rock, Side Rock, Cross Sweep, Cross, 1/4, 1/4, Recover, Cross, Side Rock, Together**
1&2&3(1) Rock back on L, (&) recover onto R, (2) rock L to L, (&) recover onto R, (3) cross L over R sweeping R from back to front – NOTE: After you do the back rock then count 2&3 move slightly fwd.) 9.00
4&5 (4) Cross R over L, (&) turn 1/4 R stepping back on L, (5) turn 1/4 R rocking R to R 3.00
6&7 (6) Recover onto L, (&) cross R over L, (7) rock L to L 3.00
8& (8) Recover onto R, (&) step L next to R 3.00
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