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## Rise Up

64 Count, 2 Wall, Intermediate  
Choreographer: Dwight Meesen (NL) Jun 2017  
Choreographed to: Rise Up by Andra Day

**I Want To Dedicate This Dance To My Stepmother Who Has Breast Cancer.  
You Are A Fantastic And Lovely Person!  
You Can Win This Battle. Be Strong And Lots Of Love.**

### Start On Vocals

#### Section 1: Slow NC Basic x2

1-4 RF big step side, LF drag, LF rock behind, RF recover  
5-8 LF big step side, RF drag, RF rock behind, LF recover [12]

#### Section 2: ¼ R Fwd, Hold, Spiral ⅞ R/Sweep, Fwd x2, Rock Fwd Recover

1-2 RF ¼ right step forward, hold  
3-4 RF ⅞ turn right on ball foot and sweep LF around in 2 counts  
5-8 LF step forward, RF step forward, LF rock forward, RF recover [1.30]

#### Section 3: Back x2, Rock Back Recover, ⅞ R Fwd, Unwind ¾ R/Sweep, Behind, Side

1-4 LF step back, RF step back, LF rock back, RF recover  
5-6 LF ⅞ right step forward, LF ¾ right on ball foot and sweep RF back  
7-8 RF cross behind, LF step side [12]

#### Section 4: Cross, Sweep, Mod. Diamond ½ L

1-4 RF cross over, LF sweep forward, LF cross over, RF step side  
5-6 LF ⅞ left step back, RF step back  
7-8 LF ⅞ left step side, RF ¼ left step forward [6]

#### Section 5: Rock Fwd Recover, Back, Sweep, Back, Sweep, Back, Side

1-2 LF rock forward, RF recover  
3-6 LF step back, RF sweep back, RF step back, LF sweep back  
7-8 LF step back, RF step side [6]

#### Section 6: Cross, Sweep (x2), Jazz Box ¼ L

1-2 LF cross over, RF sweep forward and push R hand up with fingers spread  
3-4 RF cross over, LF sweep forward and R hand down  
5-8 LF cross over, RF ¼ left step back, LF step side, RF step forward [3]

#### Section 7: Cross, Sweep (x2), Jazz Box Cross ¼ L

1-2 LF cross over, RF sweep forward and push R hand up with fingers spread  
3-4 RF cross over, LF sweep forward and R hand down  
5-8 LF cross over, RF ¼ left step back, LF step side, RF cross over [12]

#### Section 8: Slow NC Basic, ¼ R Fwd, Pivot ¼ R, Cross

1-4 LF big step side, RF drag, RF rock behind, LF recover  
5-8 RF ¼ right step forward, LF step forward, L+R ¼ turn right, LF cross over [6]

### Start Again

#### Bridge: After The 2<sup>nd</sup> And 5<sup>th</sup> Wall Slow Sway x2, ¼ R Fwd, Pivot ¼ R, Cross

1-2 RF step side and hips right in 2 counts  
3-4 hips left in 2 counts  
5-8 RF ¼ right step forward, LF step forward, L+R ¼ turn right, LF cross over

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**Slow Sway x2, ¼ R Fwd, Pivot ¼ R, Cross**  
1-2 RF step side and hips right in 2 counts  
3-4 hips left in 2 counts  
5-8 RF ¼ right step forward, LF step forward, L+R ¼ turn right, LF cross over

**Slow NC Basic x2**  
1-4 RF big step side, LF drag, LF rock behind, RF recover  
5-8 LF big step side, RF drag, RF rock behind, LF recover

**Slow Sway x2, ¼ R Fwd, Pivot ¼ R, Cross**  
1-2 RF step side and hips right in 2 counts  
3-4 hips left in 2 counts  
5-8 RF ¼ right step forward, LF step forward, L+R ¼ turn right, LF cross over

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