



Remember to Vote for your favourite dances in the Linedancer Charts.

Sequence: A, B, C, C, A, A, B, C, C, B, B, A, Ending

Part A

SEC 1 FWD, POINT FWD, BACK, TOUCH, STEP ½ TURN, RUN ¼

- 1-2 Step forward on RF, Point LF forward
3-4 Step back on LF, Touch RF next to LF
5-6 Step forward on RF, Turn ½ L place weight on LF, (6:00)
7&8 Run Forward ¼ L stepping RF, LF, RF, (3:00)

SEC 2 ROCK FWD, ¼ SIDE, CROSS, BIG STEP, DRAG, BALL SIDE, TOGETHER

- 1-2 Rock forward on LF, Recover on RF
3-4 Turn ¼ L stepping to L on LF, Cross RF over LF, (12:00)
5-7 Big step to L on LF, Drag RF towards LF
&8 Ball step to R on RF, Close LF next to RF

Part B

SEC 1 ROCK FWD, SHUFFLE ½ TURN, ROCK FWD, ¼ CHASSE

- 1-2 Rock forward on RF, Recover on LF
3&4 Turn ¼ R stepping to R on RF, Close LF next to RF, Turn ¼ R stepping forward on RF, (6:00)
5-6 Rock forward on LF, Recover on RF
7&8 Turn ¼ L stepping to L on LF, Close RF next to LF, Step to L on LF, (3:00)

SEC 2 CROSS, SIDE, SAILOR STEP, VAUDEVILLE, BALL, CROSS, SIDE, TOUCH

- 1-2 Cross RF over LF, Step to L on LF
3&4 Step RF behind LF, Step to L on LF, Step to R on RF
5&6 Cross LF over RF, Step to R on RF, Touch L heel to L diagonal
&7&8 Ball Step LF next to RF, Cross RF over LF, Step to L on LF, Touch RF next to LF

SEC 3 BACK, KICK, BACK, KICK, ROCK BACK, STEP ¼ TURN

- 1-2 Step back on RF, slightly bending knee, Kick LF forward and straighten R knee
3-4 Step back on LF, slightly bending knee, Kick RF forward and straighten L knee
5-6 Rock back on RF, Recover on LF
7-8 Step forward on RF, Turn ¼ L placing weight on LF, (12:00)

SEC 4 JAZZ BOX ¼ CROSS, RUN ¾, STEP, TOGETHER

- 1-2 Cross RF over LF, Turn ¼ R stepping back on LF, (3:00)
3-4 Step to R on RF, Cross LF over RF
5&6& Run ¾ R stepping R, L, R, L, (12:00)
7-8 Step forward on RF, Close LF next to RF



Rise And Shine

Continues... Page 2 of 2

Part C

SEC 1 HITCH, BACK, COASTER CROSS, SIDE ROCK, BEHIND, $\frac{1}{4}$, FWD

- 1-2 Hitch R knee, slightly raising up on L toes, Step back on RF
3&4 Step back on LF, Close RF next to LF, Cross LF over RF
5-6 Rock to R on RF, Recover on LF
7&8 Step RF behind LF, Turn $\frac{1}{4}$ L stepping forward on LF, Step forward on RF, (9:00)

SEC 2 HITCH, BACK, COASTER CROSS, SIDE ROCK, SAILOR $\frac{1}{4}$

- 1-2 Hitch L knee, slightly raising up on R toes, Step back on LF
3&4 Step back on RF, Close LF next to RF, Cross RF over LF
5-6 Rock to L on LF, Recover on RF
7&8 Cross LF behind RF, Turn $\frac{1}{4}$ L stepping RF in place, Step forward on LF, (6:00)

SEC 3 FWD, HEEL SPLIT, FWD, HEEL SPLIT, KICK, SMALL HITCH, BACK, DRAG, BALL, FWD

- 1&2 Step forward on RF, Swivel both heels out to sides, splitting them, Swivel both heels in place weight on RF
3&4 Step forward on LF, Swivel both heels out to sides, splitting them, Swivel both heels in place weight on LF
5&6 Kick RF forward, Hitch R knee slightly, Step back on RF
7&8 Drag LF towards RF, Close LF next to RF, Step forward on RF

SEC 4 ROCK FWD, SHUFFLE $\frac{1}{2}$ TURN, $\frac{1}{8}$ OUT-OUT, $\frac{1}{8}$ IN-IN, $\frac{1}{8}$ OUT-OUT, $\frac{1}{8}$ IN-IN

- 1-2 Rock forward on LF, Recover on RF
3&4 Turn $\frac{1}{4}$ L stepping to L on LF, Close RF next to LF, Turn $\frac{1}{4}$ L stepping forward on LF, (12:00)
&5 Turn $\frac{1}{8}$ L stepping out to R on RF, Step out to L on LF, (10:30)
&6 Turn $\frac{1}{8}$ L returning RF to center, Close LF next to RF, (9:00)
&7 Turn $\frac{1}{8}$ L stepping out to R on RF, Step out to L on LF, (7:30)
&8 Turn $\frac{1}{8}$ L returning RF to center, Close LF next to RF, (6:00)

Ending Just start to playfully walk off the floor while the last of the song is playing

