

Rise

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Choreographed by: Jenny Stephenson (UK) Nov 2021

Choreographed to: Rise by Callum Scott

Intro: 8 Counts. Start at approx 4 secs.

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

SEC 1	STEP, CROSS BEHIND, SIDE SHUFFLE, ROCK RECOVER, SIDE SHUFFLE ¼ TURN
1-2	Step R to R side, Cross L behind R
3&4	Step R to R side, Close L foot to R foot, Step R foot to R side
5-6	Rock L over R, Recover on R
7&8	Step L foot to L side, Close R foot to L foot, Turn ¼ L step forward on L foot (9:00)
SEC 2	STEP ½ TURN STEP SWEEP, CROSS, SIDE, ROCK BACK AND HOLD
1-2	Step forward on R foot, Turn ½ L transfer the weight onto the L foot (3:00)
3-4	Step forward on the R foot, Sweep the L for from the back to the front
5-6	Cross L over R, Step R foot to the R
7-8	Cross rock the L foot slightly behind the R foot, Hold
SEC 3	CROSS, SIDE, ½ TURN, SHUFFLE, ROCK RECOVER & CROSS SHUFFLE
1-2	Cross R foot over L, Step L to L side
3&4	Turn ½ R Step R to R side, Close L foot to R foot, Step R to R side (9:00)
5-6	Rock L foot over R foot, Recover weight back onto R foot
&7&8	Step L to L side, Cross R foot over L foot, Step L to L side, Cross R foot over L foot
SEC 4	STEP OUT ¼ TURN STEPPING OUT, BALL ROCK RECOVER BALL ROCK RECOVER, ¾ TURN SAILOR STEP
1-2	Stomp L to L side, making a ¼ turn over R shoulder Stomp R to R side (12:00)
&3-4	Close L foot to R foot, Rock R foot to R side, Recover weight on L foot
&5-6	Close R foot to L foot, Rock L foot to L side, Recover weight on R foot
7&8	Turn ¼ L Step L foot behind R foot, Turn ¼ L step R foot to R side, Turn ¼ L cross L foot over R foot (3:00)

