

RISE & FALL

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Count: 32

Wall: 2

Level: Intermediate level

Choreographer: Masters In Line (June 07)

Music: Rise & Fall by Craig David Feat Sting

Count in: Start 32 counts from Start of Track when beat kicks in 1-8 STEP FORWARD, ½ TURN BACK LOCK, SWEEP, BEHIND SIDE CROSS ROCK, ¼ , ½, ¼ SIDE

- 1,2&** Step forward on left foot, make a ½ turn left and step back on right foot, lock left foot over right foot
- 3,4&** Step back on right foot and sweep left foot back, cross left foot behind right foot, step right foot to right side
- 5,6&** Cross rock left foot over right foot, recover weight onto right foot, make a ¼ turn left and step forward on left foot
- 7,8** Make a ½ turn left and step back on right foot, make a ¼ turn left and step left foot to left side

9-16 STEP FORWARD, ½ TURN BACK LOCK, SWEEP, BEHIND SIDE CROSS, ROCK ¼ , ½, ½

- 1,2&** Step forward on right foot, make a ½ turn right and step back on left foot, lock right foot over left foot
- 3,4&** Step back on left foot and sweep right foot back, cross right foot behind left foot, step left foot to left side
- 5,6&** Cross rock right foot over left foot, recover weight onto left foot, make a ¼ turn right and step forward on right foot
- 7,8** Make a ½ turn right and step back on left foot, make a ½ turn right and step forward on right foot

17-24 SIDE, BEHIND SIDE CROSS ROCK, BACK & ROCK, BACK & CROSS UNWIND SWEEP.

- 1** Step left foot to left side
- 2&3** Cross right foot behind left foot, step left foot to left side, cross rock right foot over left foot
- 4&5** Recover weight back onto left foot, step right foot to right side, cross rock left foot over right foot

- 6&7** Recover weight back onto right foot, step left foot to left side, cross right foot over left foot to face left diagonal (2.00)
- 8** On one count unwind a full turn left and sweep left foot back (no weight) to end up back facing left diagonal (2.00)

25-32 STEP BACK, BACK $\frac{1}{2}$ TURN SIDE, BEHIND SWEEP BEHIND $\frac{1}{4}$, ROCK & $\frac{1}{2}$, $\frac{3}{4}$ TURN

- 1** Step back on left foot still facing diagonal
- 2&3** Step back on right foot, make a $\frac{1}{2}$ turn left and step forward on left foot still on diagonal now facing (7.00), step right foot to right side to square up to 6.00
- 4&5** Cross left foot behind right foot and sweep right foot back, cross right foot behind left foot, make a $\frac{1}{4}$ turn left and step forward on left foot
- 6&7** Rock forward on right foot, recover weight onto left foot, make a $\frac{1}{2}$ turn right and step forward on right foot

8& Make a $\frac{1}{2}$ turn right and step back on left foot, make a $\frac{1}{4}$ turn right and step right foot to right side. END OF DANCE EMail / Website