

Rise Like A Phoenix

LINEDANCE.COM

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Hans Palm (Sweden) May 2014

Music: Rise Like A Phoenix – Conchita Wurst (Rise Like A Phoenix – 81 bpm - 3:02)

Intro: 12 counts from start of song, the music slows down slightly just before start of dance

S1: STEP SWEEP WEAVE, STEP SWEEP WEAVE, ROCK FW & RECOVER $\frac{1}{4}$ R, TURN $\frac{1}{4}$ R & FULL TURN R

- 1,2&** Step R forward as you sweep L out to front (1), cross L over R (2), step R to R side (&)
- 3,4&** Step L behind R as you sweep R to back (3), step R behind L (4), step L to L side (&)
- 5,6** Rock forward on R (5), recover back on L while turning $\frac{1}{4}$ R (6) 3:00
- 7&8&** Turn $\frac{1}{4}$ R stepping on R (7), turn $\frac{1}{2}$ R on L (&), turn $\frac{1}{2}$ R on R (8), step forward on L (&) 6:00

Easy options to spiral turn in Section 2:

S1: Skip last & after count 8

S2: WALK, WALK or FULL TURN

- 1,2** Walk L (1), walk R (2) or
- 1,2** Turn $\frac{1}{2}$ R on L (1), Turn $\frac{1}{2}$ R on R (2)

S2: SPIRAL TURN R ON L, STEP R FW & CROSS SHUFFLE BACK, R BACK & ROCK L BACK, RECOVER & CROSS SHUFFLE FW

- 1,2** Spiral turn R on L (1), step forward on R (2)
- 3,4&** Step forward on L (3), step R behind L (4), cross L over R moving backwards (&)
- 5,6** Step back on R (5), rock back on L (6)
- 7,8&** Recover on R (7), step forward on L (8), step R behind L (&)

S3: L FORWARD & R SCISSOR STEP, L TO SIDE & R NEXT TO L, LEAN L FORWARD & HOLD + WEIGHT SHIFT L NEXT TO R, ROCK R FW & RECOVER $\frac{1}{4}$ R

- 1,2&** Step L forward (1), step R to R side (2), step L next to R (&)
- 3,4&** Cross R over L (3), step L to L side (4), step R next to L (&)

- 5-6&** Lean forward on L, weight on both feet (5), hold (6), step L next to R shifting all weight to L (&)
- 7,8** Rock forward on R (7), recover back on L while turning $\frac{1}{4}$ R (8) 9:00

S4: TURN $\frac{1}{4}$ R + $\frac{1}{2}$ R, TURN 1 $\frac{1}{4}$ R, ROCK L OVER R & RECOVER, FULL CHASE TURN L

- 1,2** Turn $\frac{1}{4}$ R on R (1), turn $\frac{1}{2}$ R on L (2) 6:00
- 3&4** Turn $\frac{1}{4}$ R on R (3), Turn $\frac{1}{2}$ R on L (&), Turn $\frac{1}{2}$ R on R (4) 9:00
- 5,6** Rock L over R (5), recover on R (6)
- 7&8** Turn $\frac{1}{4}$ L on L (7), turn $\frac{1}{4}$ L on R (&), turn $\frac{1}{2}$ L on L (8) 9:00

TAGS/RESTARTS

Wall 2 (starting 9:00): After rock back (6) in section 2, walk R (7) and L (8) while turning $\frac{1}{4}$ R, restart with wall 3 at 6:00

Wall 4 (starting at 3:00): After rock forward (5) and back with $\frac{1}{4}$ turn R (6) in section 1, walk R (7) and L (8) while turning $\frac{1}{4}$ R, restart with wall 5 at 9:00

Wall 6 (starting at 6:00): After rock forward (5) and back with $\frac{1}{4}$ turn R (6) in section 1, walk R (7) and L (8) while turning $\frac{1}{4}$ R, restart with wall 7 at 12:00

Wall 8 (starting at 9:00): After rock back (6) in section 2 when music slows down, walk R (7) and step L next to R (8), restart with wall 9 at 3:00

ENDING (wall 10, starting at 12:00)

Music slows down in section 1 but starts at normal tempo again after count 5 in section 1 (adapt to tempo), continue to count 4& in section 2, then turn $\frac{1}{2}$ left to 12:00, bend knees and lower body at the end of the long “flame” in the lyrics and then Rise Like A Phoenix with arms sweeping up and circular to the sides

Contact: palm.hans@gmail.com

Version 2 (Added easy options to spiral turn in section 2)