

# RISE AND FALL

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Paula Bilby

**Music:** Rise And Fall by Craig David & Sting

## **POINT, ROCK BACK, RECOVER, STEP ½ TURN RIGHT, TRIPLE ¾ TURN RIGHT, ROCK BACK, RECOVER, STEP**

- 1&2** Point left toe forward, rock back on left, recover weight forward on right
- 3-4** Step left forward making ½ turn right, weight ends on right
- 5&6** Triple ¾ right turn in place left, right, left
- 7&8** Rock right behind left, recover left in place, large step on right to right side

## **ROCK BACK, RECOVER, STEP ¼ LEFT, STEP, STEP, LOCK, STEP, RECOVER, LEFT COASTER STEP**

- 9&10** Rock left behind right, recover right in place, step left forward ¼ turn left
- 11** Step forward on right
- 12&13** Step forward on left, lock right behind left, step forward on left
- 14** Step back on right
- 15&16** Step back on left, step right next to left, step left forward

## **STEP ½ TURN LEFT, POINT, CROSS, POINT, CROSS, BACK, BACK, CROSS, BACK, BACK ¼ RIGHT, TOUCH**

- 17&18** Step right forward ½ turn left, weight on left, point right toe to right side
- 19-20** Cross right over left, point left toe to left side
- 21&22** Cross left over right, step back on right, step back on left
- &23** Cross right in front, step back on left
- &24** Step back on right turning ¼ right, touch left toe next to the right instep

## **STEP ¼ LEFT, TURN ¼ LEFT POINT, CROSS, POINT, CROSS, BACK, SIDE, CROSS SHUFFLE**

- 25-26** Step left forward, ¼ turn left, on ball of left foot turn ¼ left point right toe to right side
- 27-28** Cross right over left, point left toe to left side
- 29&30** Cross left over right, step back on right, long step on left to left side

**31&32** Cross right in front of left, step left to left side, cross right over left

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=36167](https://www.linedance.com/index.php?f=dance_view&id=36167)