

# Rise 'n Shine

LINEDANCE.COM

**Count:** 32                      **Wall:** 2                      **Level:** Improver

**Choreographer:** Johnny Sheehan (April 2012)

**Music:** 'Es Una Lata' by Banda Caliente (CD: Playa Total 8)

## **Intro...32 Counts**

### **[1-8] Rock-Recover, Triple-Step, Weave R, Point:**

- 1-2**            Cross-rock R over L, Recover on L
- 3&4**           Triple-step on the spot R, L, R
- 5-8**            Cross-step L over R, Step R to R side, Step L behind R, Point R to R side

### **[9-16] Cross, Sweep, Cross, 1/4 Turn L, Chasse L, Rock-Recover:**

- 1-2**            Cross-step R over L, Sweep L round from back over R
- 3-4**            Cross-step L over R, Step R back into 1/4 turn L (9)
- 5&6**           Step L to L side, Step L beside R, Step L to L side
- 7-8**            Rock-step R over L, Recover on L

### **[17-24] Step-Flick, Cross Shuffle, Step X2, Shuffle 1/4 Turn R:**

- 1-2**            Step R slightly to R, Flick L back
- 3&4**            Cross-step L over R, Step R to R side, Cross-step L over R
- 5-6**            Step R to R side, Step L behind R
- 7&8**            Shuffle 1/4 turn R stepping R,L,R (12)

### **[25-32] Step, Pivot 1/2 Turn R, Hips Shakes X2, Kick-Ball-Point:**

- 1-2**            Step L fwd, Pivot 1/2 turn R (6)
- 3&4**            Step L fwd shaking hips fwd-back-fwd
- 5&6**            Step R fwd shaking hips fwd-back-fwd (weight ends on R)
- 7&8**            Kick L fwd, Step L in place, Point R to R side

## **Start again and Enjoy...**

**Contact:** [www.modernlinedancing.co.uk](http://www.modernlinedancing.co.uk)