

RISE UP

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Count: 64 **Wall:** 4 **Level:** intermediate

Choreographer: Chris Jones

Music: Rise Up by Sunkids

STEP FORWARD, FORWARD, BACK TAP TAP, BACK, BACK, FORWARD, TAP TAP

- 1-2** Step forward on right, step forward left, (shoulder width apart)
- 3&4** Step back on right and tap left toe twice traveling towards right
- 5-6** Step back on left, step back on right, (shoulder width apart)
- 7&8** Step forward on left, and tap right toe twice traveling towards left

KICK BALL STEP, RIGHT SHUFFLE, STEP TURN ¼ RIGHT, KICK BALL STEP TO SIDE

- 9&10** Kick right forward, step on right, step forward on left
- 11&12** Triple step forward right, left, right
- 13-14** Step left forward, turn ¼ to right stepping right to side
- 15&16** Kick left to right diagonal, step left next to right, step right to right side

CROSS ROCK AND SIDE SHUFFLE TWICE

- 17-18** Rock left across front of right, rock back on right
- 19&20** Step side together side to left stepping left, right, left
- 21-22** Rock right across front of left, rock back on left
- 23&24** Step side together side to right stepping right, left, right

HEEL SWITCHES AND DOUBLE CLAP TWICE

- 25&26** Put left heel forward and replace, put right heel forward
- &27&28** Put left heel forward, clap clap
- &29&30** Replace left, put right heel forward, replace, put left heel forward
- &31&32** Replace left, put right heel forward, clap clap
- &** Step right next to left

STEP STEP STEP KICK, CROSS AND STEP TWICE

- 33-36** Step left in place, step right in place, step left in place, kick right forward
- 37&38** Cross right across left, step left to left, step right to right side

39&40 Cross left across right, step right to right, step left to left side

ROCK FORWARD BACK & FULL TURN TRIPLE STEP,, ROCK FORWARD BACK COASTER

41-42 Rock forward on right rock back on left

43&44 Do full turn to right doing a right triple step, (or do a triple step in place)

45-46 Rock forward on left back on right

47&48 Step back left step right next to left, step forward on left

WALK RIGHT LEFT TURN ½ TO RIGHT STEP FORWARD LEFT TWICE

49-50 Walk forward right left

51-52 Turn ½ to right stepping on right step forward left

53-56 Repeat steps 49-52

CROSS ROCK & SIDE SHUFFLE TWICE

57-58 Rock right across front of left, rock back on left

59&60 Step side together side to right stepping right, left, right

61-62 Rock left across front of right, rock back on right

63&64 Step side together side to left stepping left, right, left

REPEAT