

# RISE & SHINE

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**Count:** 40

**Wall:** 2

**Level:** intermediate

**Choreographer:** Caz Mawby

**Music:** Rise by Gabrielle

## BACK ROCK RECOVER $\frac{1}{2}$ TURN, BACK ROCK RECOVER $\frac{1}{4}$ TURN, BACK ROCK RECOVER SIDE, SWEEP CROSS BACK SIDE

- 1&2** Rock back onto left recover weight on right  $\frac{1}{2}$  turn right and step back on left
- 3&4** Rock back onto right recover weight on left  $\frac{1}{4}$  turn left and step right to side
- 5&6** Rock back onto left recover weight on right step left to side
- 7&8** Sweeping right in front of left cross right over left step back on left step right to side

## BACK ROCK STEP FORWARD, STEP PIVOT $\frac{3}{4}$ TURN LEFT SIDE STEP, BEHIND SIDE CROSS, SWAY TWICE

- 1&2** Rock back onto left recover weight on right step forward on left
- 3&4** Step forward onto right pivot  $\frac{3}{4}$  turn left step right to side
- 5&6** Cross left behind right step right to side cross left over right
- 7-8** Stepping right to side sway hips right sway hips left

## BEHIND SIDE CROSS, $\frac{1}{4}$ TURN, $\frac{1}{4}$ TURN CROSS, $\frac{1}{4}$ TURN, $\frac{1}{4}$ TURN CROSS, SWAY TWICE

- 1&2** Cross right behind left step left to side cross right over left
- 3&4** Make a  $\frac{1}{4}$  turn right and step back on left, make a  $\frac{1}{4}$  turn stepping right to side cross left over right
- 5&6** Make a  $\frac{1}{4}$  turn left and step back on right, make a  $\frac{1}{4}$  turn left and step left to side cross right over left
- 7-8** Stepping left to side sway hips left sway hips right

## BACK ROCK RECOVER $\frac{1}{4}$ TURN LEFT, STEP PIVOT $\frac{1}{2}$ TURN STEP, TRIPLE FULL TURN FORWARD, SIDE ROCK RECOVER $\frac{1}{4}$ TURN LEFT

- 1&2** Rock back onto left recover weight  $\frac{1}{4}$  turn left and step forward on left
- 3&4** Step forward onto right pivot  $\frac{1}{2}$  turn left step forward onto right
- 5&6** Triple full turn forward  $\frac{1}{2}$  turn stepping back on left  $\frac{1}{2}$  turn stepping forward on right step forward on left

**7&8** Rock right out to side recover weight  $\frac{1}{4}$  turn left step forward on right

**HEEL SWITCHES TWICE, PLACE, STEP PIVOT  $\frac{1}{2}$  TURN STEP, HEEL SWITCHES TWICE, PLACE, STEP PIVOT  $\frac{1}{2}$  TURN STEP**

**1&2&** Touch left heel forward step left next to right touch right heel forward step right next to left

**3&4** Step forward onto left pivot  $\frac{1}{2}$  turn right step forward on left

**5&6&** Touch right heel forward step right next to left touch left heel forward step left next to right

**7&8** Step forward onto right pivot  $\frac{1}{2}$  turn left step forward on right

**REPEAT**