

Weigh, Hey And Up She Rises

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Count: 32 **Wall:** 4 **Level:** High Beginner

Choreographer: Maryloo - October 2015 - France

Music: Weigh, Hey and Up She Rises - The Irish Rovers

Intro : 24 counts (12 seconds)

BRUSH, CROSS BRUSH, BRUSH, HITCH, TOGETHER (2X)

- 1-2** Brush R forward, brush R across L,
3&4 Brush R forward, Hitch R Knee, R next to L.
5-6 Brush L forward, brush L across R,
7&8 Brush L forward, Hitch L Knee, step L next to R.

Option : You can make a « hop » at the same time you make a « hitch » !

BRUSH, CROSS BRUSH, BRUSH, HITCH, TOGETHER, FULL TURNING VOLTA STEP L.

- 1-2** Brush R forward, brush R across L,
3&4 Brush R forward, Hitch R Knee, step R next to L.
5& Make $\frac{1}{4}$ turn L and step L forward, lock R behind L.
6& Make $\frac{1}{4}$ turn L and step L forward, lock R behind L
7& Make $\frac{1}{4}$ turn L and step L forward, lock R behind L
8 Make $\frac{1}{4}$ turn to L and step L. forward (12.00)

CROSS ROCK, SIDE SHUFFLE TO R., CROSS ROCK, SIDE SHUFFLE $\frac{1}{4}$ TURN L.

- 1-2** Cross R over L, recover on L
3&4 Step R to right, step L next to R., step R to right
5-6 Cross PG over PD, recover on R.
7&8 Step L to left, step R next to L., make $\frac{1}{4}$ turn to L and step L forward (9.00)

PIVOT $\frac{1}{2}$ TURN L.,SHUFFLE FORWARD, FULL TURN TO RIGHT, STOMP L, STOMP-UP R.

- 1-2** Step R forward, pivot $\frac{1}{2}$ turn to L (weight on L)
3&4 Step R forward, step L next to R, step R forward
5-6 Make $\frac{1}{2}$ turn to R and step L behind, make $\frac{1}{2}$ turn to R and step R forward

7-8 Stomp L in place, stomp -up R in place (3.00)

Easy Option : 5-6 : Step L forward, step R forward

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=107550