Rise and Shine

Count: 64 **Wall:** 4 **Level:** High Beginner

Choreographer: Laura Sway (UK) September 2017

Music: Rise and Shine by Si Cranstoun

Count in: 24 counts

[1-8] Toes struts out out, in in.

1234-touch right toe to right side, push right heel down. Touch left toe to left side, push left heel down.

5678-toe right toe in and slightly back, push right heel down. Touch left toe beside right, push left heel down.

[9-16] x2 lock steps forward with a scuff.

1234-step right forward, lock left behind right, step right forward, scuff the left.

5678-step left forward, lock right behind left, step left forward, scuff the right.

(One Restart here on wall 7)

[17-24] Step fwd, clap, pivot 1/4, clap, step fwd, clap, pivot 1/4, clap.

1234-step forward on the right, clap. Pivot ¼ turn left weight on left, clap. (9.00)

5678-step forward on the right, clap, pivot ¼ turn left weight on left, clap. (6.00)

[25-32] slow toe strut jazz box.

1234-cross right toe across left, push heel down, touch left toe back, push heel down.

5678-touch right toe to right side, push heel down, touch left beside right, push heel down.

[33-40] Point out in, fwd touch, point out in, fwd touch.

1234-point right toe to right side, touch right toe beside left, step right to right diagonal forward, touch left beside right.

5678-point left to left side, touch left beside right, step left to left diagonal, touch right beside left.

[41-48] Step back clap x4

12345678- Step right back, touch left beside right and clap, step back left, touch right beside left and clap, repeat.

[49-56] step side, hold, behind, hold, side, hold, step fwd, hold. (with arms old black coffee style :-))

1234-step right to right side hold & click hands up, step left behind right hold & click hands low

5678-step right to right side hold & click hands up, step slightly forward on left, hold & click hands low.

[57-64] Step fwd right, hold, pivot ¼ hold, twist travelling fwd x4 with jazz hands

1234-step right forward, hold, pivot ¼ turn to the left weight on left, hold.

5678-traveling forward step right, left, right, left, slightly twisting feet as you do it. With jazz hands

End of dance :-)

Last Update - 5th Sept 2017

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=120290