

Rise & Shine!!

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Count: 32

Wall: 2

Level: Intermediate

Choreographer: Colin B. Smith (UK)

Music: Wake up, wake up by Dave Sherriff (Overworked & Underpaid album)

Section 1: Shuffle forward, mambo forward, shuffle back, mambo back

- 1&2** Step right forward, close left next to right, step right forward
- 3&4** Rock forward on left, recover on right, step left beside right
- 5&6** Step right back, close left next to right, step right back
- 7&8** Rock back on left, recover on right, step left beside right

Section 2: Heel jacks X2, ¼ turn hitch, ½ turn hitch, shuffle forward

- &9** Step diagonally back on right, dig left heel forward
- &10** Step left in place, cross right over left
- &11** Step diagonally back on left, dig right heel forward,
- &12** Step right in place, cross left over right
- 13&** Make ¼ turn left stepping right back, hitch left,
- 14& make ½ turn left stepping left forward, hitch right**
- 15&16** Step right forward, step left beside right, step right forward

Section 3: Rumba box, shuffle ½ turn, shuffle forward

- 17&18** Step left to left, close right next to left, step left forward
- 19&20** Step right to right, close left next to right, step right back
- 21&22** Make ½ turn to left stepping left, right, left
- 23&24** Step right forward, close left next to right, step right forward

Section 4: Side rock & cross X2, ¼ turn hitch, ½ turn hitch, mambo forward

- 25&26** Rock left to left, recover on to right, cross left over right
- 27&28** Rock right to right, recover on to left, cross right over left
- 29&** Make ¼ turn to right stepping left back, hitch right
- 30&** Make ½ turn to right stepping right forward, hitch left
- 31&32** Rock forward on left, recover on right, step left beside right.

THATS ALL! NO TAGS OR RE-STARTS! IT WILL EVEN FINISH FACING THE FRONT!

(I hope you enjoy dancing this, we have had a good laugh dancing it!)

Thanks a lot for looking at it

Happy dancing!

Colin B. Smith