

# Rise

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**Count:** 128      **Wall:** 1      **Level:** Advanced

**Choreographer:** Hiroko Carlsson (Grafton, Australia) November 2018

**Music:** Rise ft. Jack & Jack - Jonas Blue - iTunes

**(8 count intro /dance starts after you hear “We’re gonna”)**

**[S1] R Heel Walk-Touch, Side-Behind-1/4L, Side Rock, Box Step w/ Touch**

**1&2&R heel twist out to right side, R toe out, R heel out, Touch L next to R**

**3&4**      Step L to side, Step R behind L, Make a ¼ turn left stepping forward on L

**&5 6**      Rock/step R to side, Recover weight on L, Cross R over L

**7&8**      Step L back, Step R to side, Touch L next to R (9:00)

**[S2] L Heel Walk-Touch, Side-Behind-1/4R-Rock Turn 1/4R, Fwd, Fwd-Lock-Fwd-Fwd**

**1&2&L heel twist out to left side, L toe out, L heel out, Touch R next to L**

**3&4**      Step R to side, Step L behind R, Make a ¼ turn right stepping forward on R

**&5 6**      Rock/step L forward, Make a ¼ turn right recover weight on R, Step L forward

**7&8&**      Step R forward, Lock/step L behind R, Step R forward, Step L forward (3:00)

**[S3] Fwd Rock, 2x Back-Lock-Back, Scissor Cross, Coaster Step**

**1&**      Rock/step R forward, Recover weight on L

**2&3**      Step R back, Lock/cross L over R, Step R back

**&4&**      Step L back, Lock/cross R over L, Step L back

**5&6**      Step R to side, Step L together, Cross R over L

**7&8**      Step L back, Step R next to L, Step L forward (3:00)

**[S4] Side-Hitch Behind-Hitch 1/4R, Rocking Chair, Step-Pivot 1/2L, Prissy Walk RL**

**1&2&**      Step R to side, Hitch L, Step L behind R, Make a ¼ turn right on ball of L and Hitch R

**3&4&**      Rock/step forward on R, Recover weight on L, Rock/step back on R, Recover weight on L

**5 6**      Step R forward, Make a ½ turn left recover weight on L

**7 8**      Prissy walk R-L (12:00)

### **[S5] Side-Touch-Side-Touch, Fwd-Tap-Back-Heel, Ball-Fwd, Chase Turn 1/2L, Shuffle Fwd**

- &1&2** Step R to side, Touch L next to R, Step L to side, Touch R next to L
- &3&4** Step R forward, Touch L next to R, Step L back, R heel forward
- &5** Step R next to L, Step L forward
- 6&** Step R forward, Make a ½ turn left recover weight on L
- 7&8** Shuffle forward R-L-R (6:00)

### **[S6] 1/4R Side-Touch-Side-Touch, Fwd-Tap-Back-Heel-Together, Fwd, Chase Turn 1/4R, Cross Shuffle**

- &1&2** Make a ¼ turn right stepping L to side, Touch R next to L, Step R to side, Touch L next to R  
**(9:00)**
- &3&4** Step L forward, Touch R next to L, Step R back, L heel forward
- &5** Step L next to R, Step R forward
- 6&** Step L forward, Make a ¼ turn right recover weight on R
- 7&8** Cross L over R, Step R close to L, Cross L over R (12:00)

### **[S7] 1/4L Triple Step-Together, Hopping Chair, Fwd, Point, 1/4L, Point, Pull Together**

- 1&2&** Making a ¼ turn left triple step R-L-R (1&2), Step L together (&) - Add your own "styling"
- 3&4&** Step R forward, Step L back, Step R back, Step L forward
- 5 6** Step R forward, Point L to left side
- &7&8** Make a ¼ turn left stepping L over R (&), Hold (7) Point R to right side (&), Pull R next to  
**L (8) (6:00)**

### **[S8] Run Back R-L-R-L, R Coaster Step, Step-Pivot 1/2R, 1/2R Back, Touch Together**

- 1&2&** Run back R-L-R-L - Add your own "styling"
- 3&4** Step R back, Step L next to R, Step R forward
- 5 6** Step L forward, Make a ½ turn right recover weight on R
- 7 8** Make a ½ turn right stepping back on L, R touch together (6:00)

### **[S9] Cross, Point, Weave R, Behind, Point, Cross-1/4R-1/4R-Cross**

- 1 2** Cross R over L, Point L to left side
- 3&4&** Step L behind R, Step R to side, Cross L over R, Step R to side
- 5 6** Step L behind R, Point R to right side
- 7&8&** Cross R over L, Make a ¼ turn right stepping back on L, , Make a ¼ turn right stepping R to side, **Cross L over R (12:00)**

### **[S10] Side Rock-Recover 1/4L, Full Spin L, Fwd-Together, Hold, Heel Bounce, Back, 1/2L-1/4L**

- 1 2** Rock/step R to side, Make a ¼ turn left recover weight on L
- 3 4&** Make a full turn left on ball of R, Step L forward, Step R together (9:00)
- 5&6** Hold (5), Heel bounce up-down (&6)
- 7 8&** Step R back, Make a ½ turn left stepping forward on L, Make a ¼ turn left stepping R to side **(12:00)**

### **[S11] Behind Rock, Ball-Behind-Side Rock-Behind, Side Rock, Together, Hold, R Swivel**

- 1 2** Rock L behind R, Recover weight on R
- &3** Step L to side, Step R behind L
- &4&** Rock/step L to side, Recover weight on R, Step L behind R
- 5 6&** Rock/step R to side, Recover/step L to side, Step R together (stand with your feet shoulder width apart)
- 7&8** Hold (7), Swivel R toe right and L heel left (&), Recover to the centre (8) (12:00)

### **[S12] Out-Out, Toes Fan In-Out, Coaster Step, Step-Pivot 1/2R, Chase Tur 1/2R Fwd**

- 1&** Step R outward, Step L outward
- 2&3** Both heels dig on the floor & both toes fan in (2), Both toes fan out (&), Hold (3)
- &4&** Step R back, Step L next to R, Step R forward
- 5 6** Step L forward, Make a ½ turn right recover weight on R
- 7&8** Step L forward, Make a ½ turn right recover weight on R, Step L forward (12:00)

### **[S13] 2x Kick-Ball-Fwd-Fwd, Step-Pivot 1/2L, R Shuffle Fwd**

- 1&2& Kick R forward, Step R next to L, Step L forward, Step R forward
- 3&4& Kick L forward, Step L next to R, Step R forward, Step L forward
- 5 6 Step R forward, Make a ½ turn left recover weight on L
- 7&8 Shuffle forward R-L-R (6:00)

**[S14] 2x Kick-Ball-Fwd-Fwd, Step-Pivot 1/2R, L Shuffle Fwd, &**

- 1&2& Kick L forward, Step L next to R, Step R forward, Step L forward
- 3&4& Kick R forward, Step R next to L, Step L forward, Step R forward
- 5 6 Step L forward, Make a ½ turn right recover weight on R
- 7&8& Shuffle forward L-R-L (7&8), Step R to side (&) (12:00)

**[S15] Behind Rock, Ball-Behind-Side Rock-Behind, Side Rock, Together, Hold, R Swivel (Same as S11)**

- 1 2 Rock L behind R, Recover weight on R
- &3 Step L to side, Step R behind L
- &4& Rock/step L to side, Recover weight on R, Step L behind R
- 5 6& Rock/step R to side, Step L to side, Step R together (stand with your feet shoulder width apart)
- 7&8 Hold (7), Swivel R toe right and L heel left (&), Recover to the centre (12:00)

**[S16] Out-Out, Toes Fan In-Out, Coaster Step, Step-Pivot 1/2R, Chase Tur 1/2R Fwd (Same as S12)**

- 1& Step R outwards, Step L outwards
- 2&3 Both heels dig on the floor & both toes fan in (2), Both toes fan out (&), Hold (3)
- &4& Step R back, Step L next to R, Step R forward
- 5 6 Step L forward, Make a ½ turn right recover weight on R
- 7&8 Step L forward, Make a ½ turn right recover weight on R, Step L forward (12:00)

**TAG: 4x : Rocking Chair, Samba 1/4L, Cross, 1/4L Back, Triple 3/4L (Travelling R)**

- 1&2& Rock/step forward on R, Recover weight on L, Rock/step back on R, Recover weight on L
- 3&4 Step R forward, Make a ¼ turn right stepping L to side, Recover weight on R
- 5 6 Cross L over R, Make a ¼ turn left stepping back on R

**7&8** Make a ½ turn left stepping forward on L, Make a ¼ turn left stepping R to side, Step L next to R

**Go around to your right - 1st tag (3:00)+2nd Tag (6:00)+3rd tag (3:00)+4th Tag (12:00)**

**Please feel free to contact me if you need any further information.(hirokoclinedancing@gmail.com)**

**(updated: 29/Oct/18)**

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