

Change on the Rise

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Ola Isaksson - April 2019

Music: Avi Kaplan - Change on the Rise

#16 count intro.

Rock step, Sweep, Sailor step, Hold, Knee dip, Sweep ¼ turn, Weive, Touch

1-2: RF rock forward. Recover on left and sweep RF Back

3&4: Right foot behind LF. LF to L Side. RF to R side

5&6: Hold. L Knee dip in with small prep. Sweep LF and turn ¼ Left (9:00 O'clock)

7&8&: LF behind RF, RF to R side, LF cross RF, RF touch next to LF

Sway, Behind, ¼ turn, forward, Hitch, Out-out, Kick, Back, Side ¼

1-2: Sway right. Sway left

3&4: RF behind LF. turn ¼ Left (6:00 O'clock) and step LF forward. Step RF Forward

5&6: Hitch your left leg. LF step slight forward and out. RF step slight forward and out

7&8: LF Kick. LF Step Back. Turn ¼ Right (9:00 O'clock) and step RF to R

Cross rock ⅛, ⅜ turn, Walk, Walk, Rock, Recover, Sweep, Sailor step ¼

1-2: LF Cross rock over RF ⅛ turn right (10:30 O'clock) (With body roll if wanted). recover on RF facing diagonally

&3-4: Turn ⅜ L (6:00 O'clock) and step LF forward. Step RF forward. Step LF Forward

5&6: Turn ⅛ L (4:30 O'clock) and rock RF forward. Recover on on LF. Step back on RF turning ⅛ L (3:00 O'clock) and Sweeping LF

7&8: Step LF behind RF. Turn 1/4 left (12:00 O'clock) stepping to the side on RF. Step LF forward

Step & pop, Step & pop, Rock, Sweep, Sailor step, Kick, Back, Touch

1-2: Step RF Forward and turn $\frac{1}{8}$ Right and pop L Knee. Step LF Forward and turn $\frac{1}{8}$ Right and pop R Knee. (3:00 O'clock)

3-4: Rock RF Forward. Recover on LF and sweep RF

5&6: Step RF Behind LF. Step LF to L. Step RF to R

7&8: Kick LF Forward. Step LF back. Touch RF next to LF

******4 Restarts.**

Nr.1: Wall 2, 16 counts in.

Nr.2: Wall 4, 8 Counts in.

Nr.3: Wall 6, 16 counts in.

Nr.4: Wall 8, 16 counts in.

Restart with step change nr. 1, 3 and 4

Second 8, counts 7&8. Instead of LF kick. LF step back. Turn $\frac{1}{4}$ right and step RF to R.

You do, LF kick. LF step back. Touch RF next to LF