

Rise Again

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Count: 32 **Wall:** 2 **Level:** Intermediate NC2S

Choreographer: Gerard Murphy (CAN) - June 2021

Music: - The Rankin Family

Begin on lyrics after 16 counts. One tag. Two restarts.

[1-8] Side, Rock, Recover, Sway, Sway, Behind, Side, Cross, Press, Recover

- 1-2&** Step R long step to R side, rock L behind R, recover onto R
- 3-4** Step L to L while swaying hips to L, sway hips to R while shifting weight to R
- 5&6** Cross step L behind R, step R to R side, cross step L over R
- 7-8** Press forward diagonal on ball of R (2:00) on R, recover onto L

[9-16] Behind, ¼ Turn L, Step, Forward, Lock Step, Step, ½ PIVOT, ½ Turn, ¼ Turn, Cross

- 1&2** Cross step R behind L, turn ¼ L stepping L forward (9:00), step R forward
- 3&4** Step L forward, lock step R behind L, step L forward
- 5-6** Step R forward, turn ½ L taking weight on L (3:00)
- 7&8** Turn ½ L stepping back on R (9:00), turn ¼ L stepping L to L (6:00), cross step R over L

[17-24] Side, Rock, Recover, Side, Behind, ¼ Turn, Side, Behind, ¼ Turn, ¼ Turn, Behind, Side, Behind

- 1-2&** Step L long step to L side, rock R behind L, recover onto L
- 3-4&** Step R long step to R side, cross step L behind R, turn ¼ R stepping R forward (9:00)
- 5&6&** Step L to L side, cross step R behind L, turn ¼ L stepping L forward (6:00), turn ¼ L stepping R to R side (3:00)
- 7&8** Cross step L behind R, step R to R side, cross step L behind R

[25-32] Sweep, Behind, Side, Cross, 1/8 Turn Back, 1/8 Turn Side, Step, ½ Pivot, Step

- 1-2** Sweep R clockwise, cross step R behind L
- &3-4** Step L to L side, cross step R over L, turn 1/8 R stepping back on L (5:00)
- 5** Turn 1/8 R stepping R to R side (6:00)
- 6,7,8** Step L forward, turn ½ R taking weight on R (12:00), step L forward

Restarts: Happen after count 28. Once near the end of the 2nd rotation, facing 6:00 and once near the end of the 5th rotation, facing 12:00.

As you turn 1/8 R and step R to R side (for count 29), use this step as the long step to R to restart the dance (at count 1).

Tag: Happens once only. At the end of the 3rd rotation, facing 6:00.

1-2& Step R long step to R side, rock L behind R, recover onto R

3-4& Step L long step to L side, rock R behind L, recover onto L

Ending: After the last time you finish the pattern (12:00) step R to R and freeze as the music pauses. During this moment of silence, think about one person you've lost in your family or dance community - that person to whom you dedicate this dance. Once the music begins again, step R forward and walk a total of 14 slow steps forward, with your head down and R hand over your heart.

*** for my mom: Beatrice Murphy**

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