

# ALL RISE

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Bree Sarkies

**Music:** All Rise by Blue

## ROCK AND CROSS, ROCK AND FULL TURN

**1&2-3&4**(Traveling slightly forward) rock right to right side, rock weight on left, cross right over left, rock left to left side, rock weight on right, do doing a full turn on right going over the left shoulder, step forward on left

**5&6-7-8**(Traveling slightly forward) rock on right rock weight on left, turn  $\frac{1}{2}$  turn, step forward on right, do a full turn going over the right shoulder stepping left right

## HIPS, HEEL JACKS

**1&2-3&4** Step forward on left, bump hips twice, step forward on right, bump hips twice

**5&6&7&8** Cross left over right, step right back at a 45 degrees angle, put left heel out in front, bring left together, cross right over left, step left back at a 45 degrees angle, put right heel out in front

## HALF TURN, BRING FEET TOGETHER AND TWIST HEELS, SIDE SHUFFLE, FULL TURN, 4 SWIVELS

**&1-2-3&4** Bring right together, step forward on left,  $\frac{1}{2}$  pivot turn over right shoulder, bring left together, twist heels left - center (weight on right)

**5&6-7-8** Side shuffle left going left-right-left, rock right behind left at a 45 degrees angle, rock weight on left

**1-2-3&4** Full turn going over left shoulder stepping right left, shuffle forward right-left-right

**5&6-7&8** Touch left toe back and tap twice, scuff left forward, step forward on left, touch right beside left, tap twice

## REPEAT

## TAG

**At the end of the 3rd wall**

## **SIDE SHUFFLE, ROCK BACK ROCK FORWARD (TO THE LEFT AND RIGHT)**

**1&2-3-4** Side shuffle right-left-right, rock left behind right at a 45 degrees angle, rock weight on right,

**5&6-7-8** Side shuffle left-right-left, rock right behind left at a 45 degrees angle, rock weight on left

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=65351](https://www.linedance.com/index.php?f=dance_view&id=65351)