

# ARISE!

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**Count:** 32      **Wall:** 4      **Level:** beginner

**Choreographer:** Colleen Archer

**Music:** Rise Up by Australian Idol

- 1-4      Walk forward right-left-right-left (optional twist or boogie walks)
- 5-8      Step right to side and sway hips right-left-right-left (weight ends left) (12:00)
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- 1-2      Step right forward, turn  $\frac{1}{4}$  left taking weight onto left (click right fingers)
- 3-4      Step right forward, turn  $\frac{1}{4}$  left taking weight onto left (click right fingers)
- 5&6      Shuffle forward stepping right-left-right
- 7-8      Step left forward, turn  $\frac{1}{2}$  right taking weight onto right (12:00)
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- 1-2      Step left to side, step cross right behind left
- 3-4      Step left to side, touch right heel forward to 45 and clap hands near left shoulder
- 5-6      Turn  $\frac{1}{4}$  right and step right forward, turn  $\frac{1}{2}$  right and step left back
- 7      Turn  $\frac{1}{4}$  right and step right to side (full turn right or vine right)
- 8      Touch left heel forward to 45 and clap hands near right shoulder (12:00)
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- 1-2      Step left forward, rock back on right
- 3-4      Step left back, rock forward on right (rocking chair)
- 5-6      Step left forward, turn  $\frac{1}{4}$  right taking weight onto right
- 7-8      Step left forward, scuff right forward (3:00)

## REPEAT

## OPTIONAL START

**Start without an introduction of music and step forward on the word "rise"....**

## FINISH

**Step forward, turn  $\frac{1}{2}$  to face the front (weight forward), step forward, raise both arms overhead and smile**

**There are two finishes depending on which "start" you chose. Just step forward on right or left, whichever foot is applicable to bring you to the front**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=64260](https://www.linedance.com/index.php?f=dance_view&id=64260)